

Warm Summer Squash Salad

Ingredients

- 3 medium-size summer squash
- 1 cup goat cheese, crumbled
- 5 fresh basil leaves, torn by hand
- 12 sundried tomatoes, cut in half lengthwise
- ½ cup toasted pistachios, crushed
- ½ cup chopped parsley
- ¼ cup Balsamic vinegar
- 1 cup extra virgin olive oil
- arugula, for garnish
- salt and pepper

Directions

1. Heat oven to 425 degrees
2. Slice your squash into 1-inch thick slices, season with olive oil, salt, and pepper. Line a baking sheet with parchment paper and roast the squash until it is tender. This should take approximately 30 minutes. Note: Ideally, you want the squash to be roasted heavily, there should be parts of the squash that have charred pieces to it.
3. As the squash is roasting, cut your sundried tomatoes, crumble your goat cheese, and chop your parsley. Either cut your pistachios with a knife, or you can crush them inside a large bowl using the bottom of a sauce pot or a smaller bowl to crush them.
4. Once the squash is ready, place in a mixing bowl, add your sundried tomatoes, balsamic vinegar, goat cheese, and parsley. Toss all of the ingredients together. Either plate individually for your guests or serve out of your salad bowl. Whichever way you choose, make sure you garnish with torn basil, pistachios, and arugula.

Chef Notes

This can also be a warm side if you are having a nice day of BBQing with your friends and family. The amount of arugula you use with this will determine if this is more of a warm salad or a squash-forward dish. The choice is entirely up to you. Whichever way you choose to navigate this, have fun with it, and more importantly: taste and make sure it is to your liking! You know your guests better than I do.

Steamed Mussels Salad

Ingredients

- 1 pound PEI Mussels
- 1 cup white wine
- ½ bulb Fennel, shaved thin
- ½ white onion, shaved thin
- ½ white onion, sliced
- 3 cloves garlic, chopped
- 1/3 cup arugula (or more to taste)
- 1 sprig thyme
- ¼ cup sliced salami, cut in half
- 8 tablespoons extra virgin olive oil, divided
- 5 tablespoons red wine vinegar
- salt & pepper for seasoning

Directions

1. Place a large pot on your stove, turn the heat on high and oil with 3 Tablespoons of olive oil.
2. Once the oil starts to smoke a little bit, add your sliced onions and chopped garlic. Sweat until soft.
3. Add your sprig of thyme and your mussels.
4. Deglaze with the white wine. Now put a top on the pot and let the mussels steam for about 5-7 minutes (they should be opened at the end of this).
5. Place your mussels in a bowl and set in the fridge so that they can cool off.
6. Now, using either a knife or a mandolin slicer, cut half of a white onion and half a bulb of fennel.
7. Using a knife, cut your sliced salami in half and set aside with your onions and fennel.
8. Once your mussels have cooled, use your hands to separate the meat out of each of the mussels and place the meat in a separate bowl.
9. Grab a salad bowl, fill with arugula, salami, onions, and fennel. Dress the salad with your red wine vinegar and olive oil. Season with salt and pepper and serve.

Chef Notes

If you have bought a whole bulb of fennel that still has the leafy greens, save the greens and pick them from the green stems. Garnish with the fennel fronds and add more texture to your salad!