



## **Sunchoke Salad**

Also known as Jerusalem Artichokes, these tubers are tasty raw or roasted! They overwinter underground and are ready to be dug up in early spring. Here are two different salad recipes that feature sunchokes in their raw form!

### Equipment:

- Knives or choppers
- Cutting boards
- Bowl or bowls for serving

### Sunchoke Salad #1:

- 1 cup grated or finely chopped sunchokes
- Handful of herbs – cilantro, chives, and parsley are good choices!
- ¼ cup mayonnaise
- 1 teaspoon lemon juice
- Pinch salt and pepper
- Crackers or lettuce leaves for serving. (Or, use this salad as a spread on sandwiches!)

### Sunchoke Salad #2:

- Grated sunchokes
- Bowl full of spring greens such as spinach, arugula, leaf lettuce, pea shoots, dandelion greens, lambs quarters, etc
- Any other veggies and herbs you like!
- Your favorite salad dressing (vinaigrettes work well)

### What to do:

- Chop or grate sunchokes. Break herbs into small pieces.
- Combine all salad ingredients, toss or stir, and enjoy!