Kiln to table

# D. CULINARY RECIPE

**Check best category description of your recipe**

🞎 APPETIZER

🞎 COCKTAIL

🞎 DESSERT  
🞎 ENTRÉE

🞎 SALAD  
🞎 SIDE DISH

🞎 SNACK

# D1. CULINARY RECIPE TITLE

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| Overwrite existing text:  Tender shoots some flies a’ coming |

# D3. INGREDIENTS

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| Overwrite existing text:  2 cups dandelions, washed  2 red bell pepper julienned  1 medium carrot julienned  2 cups fresh dragonflies (or substitute 2 cups green beans for a non-meat option)  ½ cup Canada wild lettuce, washed and roughly chopped  ½ cup clover, washed  scant oil |

# D4. METHOD

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| Overwrite existing text:  1. Over medium heat in a frying pan add oil until glistening.  2. Add dragonflies (or green beans) and cook for 5 minutes until tender but crisp. Set aside.  3. Combine salad ingredients in large bowl.  4. Add dressing ingredients to a lidded glass jar and shake until frothy.  5. Drizzle dressing on to salad and toss. |