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, washed2 red bell pepper julienned1 medium carrot julienned2 cups fresh dragonflies (or substitute 2 cups green beans for a non-meat option)½ cup Canada wild lettuce, washed and roughly chopped½ cup clover, washedscant 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.  |