

# Herbal Legacy Recipes

## JERUSALEM ARTICHOKE SALAD

Jerusalem artichokes are bumpy tubers that are neither related to the common artichoke, nor have anything to do with Jerusalem. They're the root of a sunflower, first noted as a garden crop of the Native Americans of Cape Cod. A unique, nutritious vegetable, they may be used raw or cooked. In flavor and texture, they are reminiscent of a cross between potatoes, turnips, and water chestnuts. Jerusalem artichokes are occasionally marketed under the name "sunchokes" and are available mainly in fall.

### INGREDIENTS:

- 1 pound Jerusalem artichokes
- 2 scallions, finely chopped
- 2 tablespoons fresh mint leaves, minced, or 1 teaspoons dried mint
- 2 to 3 tablespoons minced fresh dill
- 1 1/2 tablespoons olive oil
- 3 to 4 tablespoons red wine vinegar, to taste
- 1 tablespoon maple syrup or agave nectar
- 3 tablespoons toasted sunflower seeds
- 2 cups chopped dark green lettuce leaves or mixed baby greens



### DIRECTIONS:

1. Scrub the Jerusalem artichokes well.
2. Trim off any excessively dark or knobby spots, but you don't have to peel them.
3. Cut them into thin, bite-sized pieces and place them in a serving bowl along with the scallions, mint, and dill.
4. In a small bowl, combine the oil, vinegar, and honey and stir together until well blended.
5. Pour over the artichoke mixture and toss well. Serve at once, or cover and refrigerate for an hour or so. Give the mixture one good stir during this time, then again just before serving.

Recipe from <http://vegkitchen.com>