

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH IVY TAYLOR

ALL RECIPES BY IVY TAYLOR



Kale and Waldorf Salad

Dressing:

1/3 Cup Mayonnaise

1/4 Cup Honey

1 1/2 Teaspoons Smooth Dijon Mustard

1 1/2 Teaspoons Apple Cider Vinegar

Pinch of Salt

Pinch of Freshly Ground Black Pepper

Remove the tough ribs of the kale leaves and slice. Whisk together the dressing ingredients in a medium sized bowl. Place the apples, celery, walnuts and dried sweetened cranberries and kale in a serving bowl. Add the dressing to the salad and gently toss to combine. Add more salt and pepper to taste.

Salad:

2 Large Sweet Red Apples, Cored & Diced

1 Cup Of Sliced Celery

1 Cup Lightly Toasted Walnuts, Coarsely Chopped

1/2 Cup Sweetened Dried Cranberries

2 Cups Packed Sliced Kale Leaves

MORE RECIPES ON BACK!



Bacon, Apple and Cheddar Tart

1 9" Pie Crust
1 Pound Bacon, Cooked, Drained & Chopped
¼ Cup Olive Oil
1 Large Yellow Onion, Thinly Sliced
2 Apples, Peeled & Sliced
¼ Cup Sherry
1 Cup Shredded White Cheddar
3 Eggs
1 ½ Cups Heavy Cream
Salt, Pepper And Herbs to Taste

Preheat oven to 350 degrees. Place pie crust in a tart pan and set aside. In a large skillet pour the olive oil and saute the sliced onions. Add the sliced apples and continue to cook until browned. Lower the heat, add the sherry and cook until onions and apples are caramelized. Add cooked bacon. Place the onion, apples and bacon into prepared tart pan. Sprinkle evenly with the shredded cheddar. In a large bowl whisk together eggs, heavy cream, salt and pepper. Top vegetable and meat mixture with egg custard. Place in oven for 30 to 45 minutes or until tart is set.

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Join us for the *Harvest Festival*
on Saturday, October 29 for our
Locavore Cook-Off!

