



### **Wild Dandelion Veggie Smashed Salad**

Young wild dandelions dressed with creamy zucchini and cucumbers

### **Creamy Cucumber and Zucchini Dressing**

1/4 cup plain Greek yogurt  
1 Tablespoons lemon juice  
1 Tablespoon olive oil  
1/4 teaspoon garlic powder  
Salt and black pepper to taste  
1 seedless cucumber  
1 medium zucchini  
1/3 cup chopped red onion  
2 teaspoons fresh thyme  
1 Tablespoon chopped fresh parsley leaves  
Salt and black pepper to taste

In a medium bowl, combine yogurt, lemon juice, olive oil, and garlic powder. Season with salt and black pepper to taste.

Slice cucumber and zucchini into quarters lengthwise; then cut into one-inch pieces. Spread pieces evenly on flat surface; using a smasher or heavy object, smash pieces to lightly crush them.

Place smashed cucumbers and zucchini into bowl with yogurt dressing; toss to coat. Add the red onion, thyme, and parsley; toss gently; season with salt and black pepper as desired. Set aside.

**Wild Dandelion Salad:**

1 bunch young dandelion greens  
1 small bunch radishes  
1 Tablespoon olive oil  
1 Tablespoon lemon juice  
1 Tablespoon white wine vinegar  
1/2 teaspoon lemon zest  
1/8 teaspoon chili flakes  
Salt and black pepper to taste

Trim dandelion greens; place on serving platter. Cut radishes from greens; trim ends; slice in halves or quarters; sprinkle over greens.

In small bowl, combine olive oil, lemon juice, vinegar, lemon zest, and chili flakes. Season with salt and black pepper.

Spoon smashed cucumbers and zucchini mixture over center of salad.

Serve immediately. Serves: about 4 to 6

**Cook's Note:** This salad doesn't hold up well in the refrigerator since the cucumbers release excess water. To remove excess water from cucumbers, toss sliced cucumbers with salt; place in strainer; set aside for about 20 minutes; press out excess liquid; rinse off salt; drain; blot off excess liquid before adding to dressing.

Also use young farm fresh dandelion greens since they become bitter as they age.

**About the Recipe:** The combination of yogurt dressed cucumbers and zucchini make a unique addition to the wild fresh dandelion greens and sliced radishes. It's a refreshing salad to serve with a steak dinner.