

Mache Salad with Cucumber and Mint

From America's Test Kitchen The Complete Salad Cookbook

Serves 6 to 8

Ingredients

12 ounces (12 cups) mache
1 cucumber, sliced thin
½ cup chopped fresh mint or parsley
⅓ cup pine nuts, toasted
¼ cup extra virgin olive oil
1 tablespoon lemon juice
1 tablespoon minced fresh parsley or cilantro
1 tablespoon capers, rinsed and minced
1 teaspoon minced fresh thyme or rosemary
1 garlic clove, minced
¼ teaspoon salt
¼ teaspoon pepper

Instructions

Gently toss mache, cucumber, mint (or parsley), and pine nuts together in a large bowl. Whisk oil, lemon juice, parsley (or cilantro), capers, thyme (or rosemary), garlic, salt, and pepper together in a small bowl. Drizzle dressing over salad and toss gently to coat. Season with salt and pepper to taste. Serve.

Katie's notes:

I have not yet been able to find mache. I have used a mix of pea shoots and sunflower microgreens to mimic the look of mache, but most of the time I just use a lettuce mix and it works just fine.

A mini-food processor works great to make this salad dressing, rather than having to mince everything.

I like more pine nuts and herbs in my salad than this recipe calls for. I've tossed in handfuls of many kinds of herbs and they've all been great.