



## The Birkett Mills Recipes

The Birkett Mills © 2014

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### Salad: Warm Spinach and Ham Salad

Serves: 6

#### Ingredients

|  |                                    |
|--|------------------------------------|
| 2 cups chicken broth                                 | Dijon Vinaigrette                  |
| 1 cup whole kasha                                    | 2/3 salad oil                      |
| 1 tsp. dried oregano leaves crumbled                 | 1/3 cup red wine vinegar           |
| 1 tsp. dried thyme leaves crumbled                   | 2 Tbsp. grainy Dijon mustard       |
| 2 cups sliced fresh mushroom                         | 2 tsp. fresh minced garlic         |
| 12 oz. smoked cooked ham                             | ½ tsp. freshly ground black pepper |
| 1 red or yellow sweet pepper                         |                                    |
| ½ cup thinly sliced red onion rings                  |                                    |
| 8 cups torn spinach leaved                           |                                    |
| ½ cup pecan halves, toasted tomato wedged if desired |                                    |

#### Directions

In medium saucepan, boil broth and stir in kasha, oregano, and thyme. Reduce heat to medium-low, simmer, cover for 10 minutes or until water is absorbed. While kasha is cooking, prepare vinaigrette. In jar with tight-filling lid, combine oil, vinegar, mustard, garlic, and pepper; shake well. Cut ham and pepper into julienne strips. In large skillet, combine mushrooms, ham pepper, onion, and vinaigrette. Cook on medium heat just until heated through about 4 to 5 minutes. In large bowl, combine hot mixture, kasha and spinach. Transfer to serving platter, sprinkle with pecans. Garnish with tomato wedges if desired. Serve immediately.