



Melissa's Chef Ida Visits Missouri Baptist Heart Health Fair

Lentil & Edamame Salad

- 1 (17.63 oz.) pkg. Melissa's Steamed Lentils, or 2 cups cooked lentils
- 1 (10 oz.) pkg. Melissa's Shelled Edamame, or 2 cups
- 1/2 cup Melissa's Fire Roasted Red Bell Peppers,
or 4 roasted red bell peppers
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- Sea salt and pepper, to taste

In a medium bowl, gently combine all ingredients. Season with sea salt and freshly ground pepper. Chill immediately for 30 minutes to 1 hour for flavors to mingle. Serve chilled or at room temperature.

Makes 8 side dish servings.

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Beet & Orange Salad with Citrus Vinaigrette

- 1/2 cup seasoned rice vinegar
- 2 each fresh oranges, zested and juiced
- 1 tsp. sea salt
- 1/2 cup extra virgin olive oil
- 2 (8 oz.) pkgs. Melissa's Peeled and Steamed Baby Beets, cut
into rounds, or 3 cups cooked and peeled beets
- 2 cups orange segments

In a bowl, whisk together vinegar, orange zest and juice, and salt. While whisking, slowly pour in olive oil. In another bowl, gently stir together beets and orange segments. Place orange segments and beets on serving plates and dress with vinaigrette. Serve immediately.

Makes 6 to 8 servings.

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