

Inevitable Salad with Johnny Cake

45 minutes

Recipe by Paul Conway

Ingredients (serves four)

Johnny cake flour blend (1 cup white flour, 1 cup whole wheat flour, 2 tsp baking powder, 1/2 tsp baking soda, 1/2 tsp salt, 2 tbsp cane sugar)

broccoli

cauliflower

mushrooms

celery

tomatoes

Salad dressing (8 tbsp olive oil, 4 tbsp rice vinegar, 1 tbsp of mustard powder, 1-2 tbsp chopped parsley, 1-2 tbsp chopped basil)

3 eggs



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Preheat oven to 350 degrees. Put Johnny cake flour blend into medium bowl. Create a small well in the centre and crack in one egg (for vegan mix 1 tbsp of flax meal with 2 tbsp of water for a 'flax egg'). Add 2 tbsp of olive oil. Mix the egg and oil together in the centre of the flour until just blended. Then add 1 cup of milk, alternative milk, or water. Mix until smooth. Pour batter into greased 10 inch cast iron or similar baking dish and put into preheated oven for 35 to 40 minutes.
2. Bring a medium saucepan of water to a boil and drop in eggs, reduce heat to a low simmer and allow to cook for 9 minutes, remove from pot and drop into cool water to cool before peeling.
3. Wash and cut into bit-sized pieces the vegetables (cabbage, cauliflower, broccoli, mushrooms, and tomato).
4. Add salad dressing, season with salt and pepper and mix well.
5. Halve the peeled eggs and add to the top of the salad.
6. Enjoy!