



Spring Lettuce and Herb Salad

PREP AND COOK TIME: About 25 minutes

MAKES: 4 servings

NOTES: This salad is especially attractive with whole lettuce leaves of contrasting colors and shapes, such as tender Brunia (or another red oak-leaf variety), the bright green Black-seeded Simpson, and frilly, scarlet-fringed Lollo Rosso.

- 12 baguette slices (each about 1/4 in. thick), cut diagonally
- 3 tablespoons roasted hazelnut oil or extra-virgin olive oil
- 1/2 cup sliced almonds
- 5 oz. tender lettuce leaves, rinsed and patted dry between two dish towels
- 1 cup edible flower petals such as rose or calendula, or pansy blossoms (optional), rinsed and drained
- 2 tablespoons coarsely chopped fresh tarragon leaves
- 2 teaspoons champagne vinegar or white wine vinegar
- Salt and freshly ground pepper

1. Preheat oven to 350°.

2. Arrange baguette slices on a



From far left: Speckled Forellenschluss lettuce at the Santa Barbara farmers' market; drizzle soy sauce onto this Asian-inspired salad.

both sides with 1 tablespoon oil. Place almonds in a shallow baking pan.

3. Bake almonds and baguette until golden, 10 to 12 minutes for nuts and 12 to 15 minutes for toasts. Let cool.

4. In a large bowl, combine lettuce leaves, flowers, and tarragon.

5. In a small container with a lid, shake remaining 2 tablespoons oil with the vinegar. Season to taste with salt and pepper, testing with a lettuce leaf.

6. Pour dressing over salad, add almonds, and mix gently. Transfer salad to plates. Tuck toasts next to salads.

Per serving: 271 Cal., 60% (162 Cal.) from fat;

Crisp Lettuces with Asian Noodles

PREP AND COOK TIME: About 35 minutes

MAKES: 4 servings

NOTES: Use crunchy lettuces like Sierra, a bronze-tinged iceberg cousin, and a red romaine like Ruben's Red—or a mix of iceberg and romaine.

- 8 ounces capellini or angel hair pasta, broken into about 2-inch lengths
- 3 tablespoons seasoned rice vinegar
- 2 tablespoons peanut oil
- 1 tablespoon Asian (toasted) sesame oil
- 1 tablespoon Asian chili oil
- 1 8-ounce package savory baked