

Courtsey of Dunja Gulin

RECIPES for Minneapolis Farmers Market  
Market Talk, September 18th, 1030 a.m.

### **CREAMY AND COMFORTING FALL SOUP**

1 cup red lentils, rinsed  
4-5 cups of water  
2 cups hokkaido pumpkin, peeled and cubed  
1 beet, cubed  
1 small parsnip, cubed  
1 carrot, cubed  
1 leek, well washed and sliced diagonally  
2 cloves garlic, pressed  
Chopped parsley, scallion or chives

5 spoons good quality cold pressed oil (olive, sunflower or safflower)  
1 vegetable cube stock  
3 bay leaves  
Freshly ground pepper  
Little turmeric  
Little crushed chilli (optional)  
1 spoon honey  
1 spoon cider or umeboshi vinegar  
Sea salt

Heat oil in a pot, add leek and little salt. Sautee for a minute, add pumpkin, beet, parsnip and carrot and sautee for a few minutes. Add spices, vegetable stock cube and 1 clove pressed garlic and sautee for another minute. Add lentils, bay leaf and water and leave on high flame until the soup boils. Cover, reduce flame and cook for 20 minutes, adding little water if needed. At the end of cooking, add honey, vinegar, one clove pressed garlic and sea salt to taste. Let the soup sit for at least 10 minutes. Add chopped parsley/scallion/chives just before serving.

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### **REAL WILD RICE SALAD with Mediterranean vinaigrette**

½ cup real wild rice  
1 cup water  
pinch of sea salt

Boil the water, add rice and salt, reduce the heat, cover and cook for about 25 min. or until rice is soft.

4 handfuls of arugula/ baby spinach/any other soft greens  
½ cup olives, pitted and sliced  
½ cup roasted almonds or other nuts/seeds, chopped  
½ cup feta cheese, cubed (for a non-vegan version)  
Handful of fresh basil, finely chopped

For Mediterranean Vinaigrette:

1/3 cup extra virgin olive oil  
Handful of fresh basil, finely chopped  
Balsamic or apple cider vinegar to taste  
Freshly ground pepper  
4 spoons of water  
1 clove pressed garlic  
Little sea salt

Mix oil, vinegar, pepper, basil, garlic, salt and water in a shaker of cup.  
In a big bowl mix cooked rice, olives, nuts and feta (if used). Add the vinaigrette and mix well. Add greens just before serving.