



Chilled Asparagus Soup

By: Meg Colleran Sahs, Chef di Cucina

Terzo Piano Restaurant at the Art Institute of Chicago

Serves 4 people

2 bunches asparagus, bottoms removed, cut into 2 inch pieces (**PRODUCE EXPRESS**)

2 tablespoons Extra Virgin Olive Oil (**CHICAGO ORGANICS**)

1 teaspoon butter (**PASTORAL ARTISAN CHEESE, BREAD AND WINE**)

½ onion, sliced thin (**PRODUCE EXPRESS & CITY FRESH MARKET**)

2 stalks celery, sliced thin (**PRODUCE EXPRESS & CITY FRESH MARKET**)

1 clove garlic, sliced thin (**PRODUCE EXPRESS & CITY FRESH MARKET**)

1 tablespoon half & half (**CITY FRESH MARKET**)

2 cups water, plus additional as needed

Zest of ½ lemon (**PRODUCE EXPRESS & CITY FRESH MARKET**)

1 tablespoon basil leaves, chopped (**PRODUCE EXPRESS & CITY FRESH MARKET**)

1 tablespoon parsley, chopped (**PRODUCE EXPRESS & CITY FRESH MARKET**)

Sea salt (**CITY FRESH MARKET**)

1. In a medium pot, bring water to a boil. Salt well (should taste like the ocean). Throw in asparagus for 3-4 minutes, until cooked through. Move quickly to an ice bath to stop cooking and keep the asparagus very green. Drain and reserve for later.
2. In another medium pot, heat extra virgin olive oil and butter over medium heat. Add onion and celery, cook until soft without browning the vegetables, about 7 minutes. Add garlic and cook for another 1-2 minutes. Add half & half and water to cover, cook for 5 more minutes.
3. Remove soup base from heat, add lemon zest and chopped herbs. Let sit and cool for 10 minutes or more.
4. Carefully move the soup mixture to a blender and puree. Add cooked asparagus and finish pureeing until smooth. Taste to see if additional salt is needed.
5. Move the soup quickly to an ice bath to ensure the soup remains very green in color. The soup can be made two days before being served.
6. When ready to serve, portion the soup into four bowls. Top with shaved asparagus dressed with Extra Virgin Olive Oil, sea salt and freshly ground black pepper.



Warm chicken salad with strawberry, mozzarella, basil, mint

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Serves 4 people

Two chicken legs, bone and skin removed (**CITY FRESH MARKET**)

Extra Virgin Olive Oil (**CHICAGO ORGANICS**)

Sea Salt and freshly ground black pepper (**CITY FRESH MARKET**)

½ cup strawberries, hull removed and quartered (**PRODUCE EXPRESS**)

Juice of ½ lime (**PRODUCE EXPRESS & CITY FRESH MARKET**)

2 stalks celery (**PRODUCE EXPRESS & CITY FRESH MARKET**)

1 shallot (**PRODUCE EXPRESS & CITY FRESH MARKET**)

2 thick slices ciabatta bread (**CHICAGO ORGANICS**)

½ cup fresh mozzarella cheese (**CITY FRESH MARKET AND PASTORAL ARTISAN CHEESE, BREAD AND WINE**)

1 tablespoon basil leaves, chiffonade (**PRODUCE EXPRESS & CITY FRESH MARKET**)

1 tablespoon mint leaves, chiffonade (**PRODUCE EXPRESS & CITY FRESH MARKET**)

Juice of one lemon (**PRODUCE EXPRESS & CITY FRESH MARKET**)

1. Turn on the grill to medium high heat. Toss chicken legs in a bowl with Extra Virgin Olive Oil, salt and pepper to coat.
2. Grill chicken legs on both sides until cooked through, about 10-12 minutes. Remove from the grill and cut into small pieces, reserve for later use.
3. Drizzle Extra Virgin Olive Oil over the ciabatta slices, and quickly grill on both sides until slightly crisped, about 2 minutes each side. Remove from grill and let cool, then slice into medium-diced croutons. Move to a medium mixing bowl.
4. In a saute pan, heat olive oil over medium heat. Add the quartered strawberries, a pinch of salt and lime juice. Saute until softened, about 4 minutes, remove from pan and reserve.
5. In the same saute pan, heat a bit more EVOO over medium heat. Chop the celery and shallot, then add to pan and saute together for just a few minutes. Add chicken, bread, strawberries, lemon juice, additional olive oil if needed, and salt and pepper to taste. Once all ingredients are warm, remove from heat and add herbs and pulled mozzarella cheese.
6. Serve immediately. This warm chicken salad is delicious with crisp local salad greens dressed in lemon juice and Extra Virgin Olive Oil.

