



by Sara Thompson  
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### Dandelion Salad

1 medium onion, chopped  
3 tablespoons oil  
1 tablespoon lemon juice or vinegar  
1 quart dandelion leaves (young and tender)  
1 cup dandelion blossoms, cut with scissors  
Heat oil in saucepan and sauté onion. Add vinegar. Mix well and pour over greens. Add herbs (chervil or basil). Add blossoms, toss and cover with paprika.

### Dandelion Spaghetti

1 quart dandelion leaves  
1 teaspoon salt  
1 cup water  
3 tablespoons lemon juice  
½ teaspoon basil  
2 cups cooked spaghetti  
Cook leaves in salted water until tender. Drain. Add 1 cup cold water and place in blender until smooth. Add cooked pasta and heat in saucepan. Add herbs, butter, lemon, and serve.

### Dandelion Roots for Coffee

Dig roots, wash well but do not peel. Slice thin and roast in oven at 325 until brown and crisp. Store in paper bags until ready to use. Grind fine and use one tablespoon per cup of cold water. Bring to boil and simmer for a few moments. Strain and serve.

### Sautéed Dandelion Flowers

3 cups dandelion flowers  
3 tablespoons flour  
2 teaspoons baking powder  
1 teaspoon salt  
1 egg beaten  
½ cup milk  
Stir salt and baking powder into flour. Mix egg and milk. Add to flour mixture. Stir in flowers carefully. Sauté by spoonful in hot oil until brown, turning as needed.

### Dandelion Pancakes

1½ quarts dandelion leaves  
2 cups water  
1 ½ cups flour  
2 teaspoon baking powder  
1 egg  
1 teaspoon salt  
Cook leaves until tender. Drain. Place in blender with 1 cup cold water, flour, baking powder, salt and egg. Blend until smooth. Heat iron skillet with oil. Pour mixture onto pan in small cakes, cook well and turn to brown on both sides. Serve with jam or syrup for breakfast, or use to supplement a lunch or supper.

### Creamed Dandelions

1 quart chopped dandelion leaves  
1 clove garlic  
2 tablespoons flour  
¾ cup milk  
½ cup yogurt or sour cream  
Cook leaves in water until tender. Drain. Sauté minced garlic in margarine, stir in flour, then milk and cook until thickened. Stir in egg and yogurt or sour cream, pour over greens and serve.

### Dandelions au Gratin

1 quart cut up dandelion leaves  
1 egg  
1 teaspoon salt  
⅔ cup grated brick cheese  
1 cup bread crumbs  
Cook leaves in 1 cup of water. Drain and mix with beaten egg. Place half in casserole, sprinkle with half of the bread crumbs, salt and cheese. Repeat. Bake 15 minutes in a 325 degree oven or until cheese is browned.

### Dandelion Buds Omelet

Gather 1 quart dandelion buds. Cover with water, boil until tender and drain well. Make omelet in the usual way, adding buds before folding.

Thanks to to Vaughn resident Cora Chase's 1978 "The Weed Eater's Cookbook."

*We'd love to feature a dish from your KP kitchen that friends and family enjoy. Email the details to [editor@keypennews.org](mailto:editor@keypennews.org) with your phone number; we'll be in touch. (Don't worry, we do most of the writing.)*