



## PURSLANE



Purslane (*Portulaca oleracea*), is a low growing succulent with a lemony flavor and somewhat crunchy texture, when eaten raw—both the stems and leaves are edible. Some people liken it to watercress or spinach, and it can substitute for spinach in many recipes. Young, raw leaves and stems are tender and are good in salads and sandwiches. They can also be lightly steamed or stir-fried. Because of its high level of pectin, purslane can be used to thicken soups and stews (similar to how okra is used).

Purslane will keep for about a week in the fridge, unwashed, and wrapped loosely in a plastic bag.

It may feel strange at first to eat a “weed,” but we think if you give it a try, you may really like this unique, nutritious, (readily available) green!

—smittenkitchen.com



## SIMPLE PURSLANE SALAD

purslane, rinsed, tough stems discarded  
tomatoes, cut into chunks  
sweet onion, also cut into chunks  
salt and pepper to taste

Combine all of these lovely things, squeezing the juice of the tomatoes onto the salad to give it a little extra “dressing.” That’s all you need and it’s divine. The acid and sweet from the onion, tomato and purslane are perfectly balanced.

— georgiapellegrini.com



## CANTALOUPE SALSA WITH THAI BASIL (ADAPTED FROM GOURMET)

This would be great over grilled fish or chicken, not that ours ever got that far. It is equally good with tortilla chips. *(It occurred to me after the fact that this would be fun with a mix of honeydew (or other melon) and cantaloupe, for color and a bigger range of flavors.)*

2 cups diced (1/4 inch) cantaloupe  
1/4 cup diced (1/4 inch) sweet or red onion  
2 tablespoons chopped fresh Thai basil  
1 (2-inch-long) fresh hot red or green chile (skip the seeds if you want to dim the heat), minced  
2 tablespoons fresh lime juice  
1/4 teaspoon salt

Mix everything and eat immediately.



## CORN AND PURSLANE SALAD

2 cups purslane leaves, picked from the stem  
1/2 cup fresh corn kernels, raw or cooked  
1/2 cup red onion, thinly sliced  
2 eggs, hard boiled and roughly chopped  
1 large tomato, diced  
1/4 teaspoon sea salt  
1/2 teaspoon freshly ground pepper  
1 tablespoon flavorful oil (e.g., high-quality olive oil, hazelnut or walnut)

Combine all of the vegetables in a bowl. Sprinkle with salt and pepper and toss to mix. Drizzle with the oil and toss again to distribute. Serve!

— georgiapellegrini.com