

## Easy being green

Greet spring with fresh takes on salad

By Erin Brereton

Feel like it's time to switch from hearty comfort food to something a little crisper? Check out these new salads to launch you through spring into summer.

### Watermelon salad

**Fogon** 1235 W. Grand Ave., 312-421-2000

The sweetness of the watermelon provides "a really good balance" to this salad (\$8), according to Leo Garcia, owner of this Mexican spot in West Town. Watercress, feta cheese and red onion are also in the mix, along with tequila vinaigrette.

### Poppy tuna salad

### Pea tendrill salad

**Cafe des Architectes**

20 E. Chestnut St., 312-324-4000

Pea tendrils serve as the base of this Gold Coast spot's salad (\$12), along with lola rosa lettuce to give it a little tenderness.



**Lokal** 1904 W. North Ave., 773-904-8113

"When I think [of] summer, dandelion comes to my mind," said Gosia Pieniasek, owner of this Wicker Park restaurant. And so the summer flower's greens made their way into this salad (\$10), which also includes poppy seed-crusted tuna and black cherry vinaigrette to balance out the slight bitterness of the greens.

## Shaved asparagus salad

**Rewster's Cafe** 3152 W. Diversey Ave., 773-647-3432

At this Bucktown eatery, raw asparagus spears are shaved with a peeler to create the asparagus salad (\$8) served with creamy sherry vinaigrette. "It looks like spring, like a bunch of greens ... exploded in your face," said chef de cuisine Christopher Coan.

Served with mint fava toast, it's a fresh take on a caramelized pearl onion and haricots verts salad that executive chef Greg Biggers made for a private party. "It turned out awesome, so we took the idea and turned it into a spring salad," he said. "The pearl onions became the soubise vinaigrette, the haricots verts turned into spring peas, pea tendrils and local beans."



**Asparagus salad at Rewster's**  
LENNY GILMORE/REDEYE PHOTOS

## Grilled chicken breast salad

**Fork** 4600 N. Lincoln Ave., 773-751-1500

This Lincoln Square restaurant changes up its grilled chicken salad with different seasonal ingredients. For the next few weeks, it features shaved fennel, almonds and radishes with shallot-champagne vinaigrette (\$13). As summer gets under way, green beans, heirloom tomatoes and peaches will be brought into the mix.

## Indian bhelpuri salad

**One Six One** 1251 W. Taylor St., 312-226-1611

The Little Italy-area eatery's take on a Mumbai street vendor staple is savory and sweet, executive chef Adel Ansari said. With consistency that's "like a trail mix, almost," the salad (\$6) is made using rice crisps, corn puffs, onions and tomatoes, plus a tamarind and cilantro mint drizzle. "Tamarind lends that tangy edge; mint [and] cilantro are very fresh and really adds to the crunchiness and flavor palate of the dish," Ansari said. "It's the savory equivalent of eating gelato in summer."

## Carrot salad with fig conserva

**The Purple Pig**

500 N. Michigan Ave., 312-464-1744

Known just as much for its tasty veggie dishes as its swine, this Mag Mile eatery eschews salad's leafy stereotype and combines blanched multicolored baby heirloom carrots with fig conserva, raisins, shaved fennel, roasted pine nuts and a citrus vinaigrette (\$10).

## Bufala mozzarella salad

**Ceres' Table**

4882 N. Clark St., 773-878-4882

"Tomatoes and mozzarella are always two of the major ingredients in Italian cooking," said Giuseppe Scurato, chef at this Ravenswood Italian restaurant. And so this traditional salad (\$10) pairs mozzarella imported from Italy with locally grown heirloom tomatoes and roasted bell peppers, plus shaved red onions and sourdough croutons.

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**Indian Bhelpuri Salad at One Six One**

