



Crunchy Winter Salad

When you are craving something bright, cheery, and a little sweet in the middle of winter, this could be your go-to side dish!



6 servings



15 minutes

Ingredients

Salad Mix

- 1 bunch kale (any variety), chopped into pieces
- 1 cup carrots, shredded
- 1 cup beet, shredded
- 1 cup apple, shredded
- 1/4 cup sunflower kernels or nut/seed of choice

Dressing

- 1 Tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 1 Tablespoon lemon juice
- 1 Tablespoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Instructions

1. Remove the tough, center stem of each kale leaf. Chop leaves into bite size pieces.
2. Use a grater to shred the carrots, beets, and apple. If you have a food processor, this step is very quick! Otherwise, make sure to leave yourself a few extra minutes to grate these ingredients.
3. Add all salad mix ingredients to a large mixing bowl. Toss to combine.
4. In a separate bowl, add all dressing ingredients. Mix very well with a whisk or fork.
5. Pour dressing over salad mixture. Toss very well. Make sure the kale is fully coated in dressing (you could even use your hands here!). This will make sure that the kale is not tough and bitter.
6. Enjoy right away, or let chill in the fridge. This salad keeps well in the fridge for a day or two, and is delicious eaten cold.

IN YOUR SHARE TODAY:



AVOCADO

Storage: If slightly underripe, store on a counter or dry place. Once fully ripe, or cut open, place in a plastic container in the fridge.
Usage: Typically eaten raw. Cut up pieces of avocado to add to salads, sandwiches or on top of toast.



BROCCOLI

Storage: Loosely wrap in a plastic bag and store in crisper drawer of the refrigerator.
Usage: Can be eaten raw. Cut into smaller pieces to steam or roast until tender. Add to stir-fries, soups, and pasta dishes.



ORANGES

Storage: Can store in the crisper drawer for up to a month. Wash right before consuming- extra moisture will spoil your fruit faster.
Usage: Peel and eat raw or use in recipes. You can use the zest for recipes that include added citrus- such as breads, salad dressings, etc.



YELLOW ONIONS

Storage: Store out of direct sunlight on your counter or in a dry, cool place. Once cut, store in a container in the refrigerator.
Usage: Can be sliced up raw for a spicy addition to salads and sandwiches. Cooking will make them more sweet and less spicy. Saute in a pan to be added to most dishes!



SALAD MIX

Storage: Can be stored in a plastic bag inside the crisper of the refrigerator. Make sure not to wash until before using, will accelerate wilting.
Usage: Best raw. Add to salad, put on a sandwich or cook such as in an omelette.



CELERY

Storage: Can be stored in a bag inside the crisper of the refrigerator. Once cut up, store submerged in water to keep the ends from drying out.
Usage: Can be eaten raw. Saute and add to soups or stir-fries.



SWISS CHARD

Storage: Put Chard in a plastic bag and store in the refrigerator.
Usage: It is great steamed and sautéed as well as raw! We love to add it to scrambled eggs.



CARROTS

Storage: Loosely wrap in a plastic bag and store in crisper drawer of the refrigerator.
Usage: Can be eaten raw. Cut into smaller pieces to steam or roast until tender. Add to stir-fries, soups, and pasta dishes.



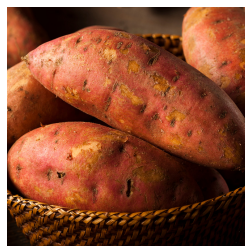
CAULIFLOWER

Storage: Loosely wrap in a plastic bag and store in crisper drawer of the refrigerator.
Usage: Can be eaten raw. Cut into smaller pieces to steam or roast until tender. Add to stir-fries, soups, and pasta dishes.



PEARS

Storage: If slightly underripe, store on a counter or dry place. Once fully ripe, or cut open, they will go bad quite quickly so place in a plastic container in the fridge.
Usage: Eat raw. Or use in recipes like baked oatmeal or pear crisp.



SWEET POTATOES

Storage: Potatoes should be stored in a paper bag and in a cupboard or pantry.
Usage: Potatoes can be baked whole or cubed and roasted in the oven, they can be boiled and smashed for mashed potatoes or made into potato salad.



RADISH

Storage: Store in the refrigerator. Once cut up, store submerged in water to keep from drying out.
Usage: Great raw. Add to salads or sandwiches. Also delicious grilled or cooked up in a stir-fry.