



Greenmarket Recipe Series

Raw Kale and Beet Salad

Ingredients:

- *1 Bunch Tuscan Kale
 - *1 Medium Sized Beet
 - *1 Large Apple
 - *1/2 Cup Apple Cider
 - 1 Tablespoon Dijon Mustard
 - 1/2 Tablespoon Extra Virgin Olive Oil
 - Fresh Cracked Black Pepper
- *available seasonally at your neighborhood Greenmarket*

Instructions:

Chop the kale and apple into chiffonade-like strips. Peel the raw beet and shred the peeled beet on a cheese grater. Gently toss to combine kale, apple and beet in a large salad bowl. Combine the apple cider, Dijon and olive oil in a small mixing bowl, season with pepper to taste. Dress the kale mixture with the cider mixture immediately before serving.

Serving Options:

Serves well with Nordic Bread's organic ruis rye loafs or accompanying your favorite fall soup.