

# KALE AND SHAVED CARROT WITH APPLE CIDER VINAIGRETTE

*A fresh and healthy kale salad packed with carrots, cheese, crunchy sunflower seeds and drenched in apple cider vinaigrette.*



## SALAD INGREDIENTS

- 3 cups kale
- 1 cup carrots
- 5 radish
- ½ cup sunflower seeds
- ½ cup parmesan
- ½ goat cheese

## APPLE CIDER VINAIGRETTE INGREDIENTS

- ½ cup apple cider vinegar
- ¼ cup honey
- 2 tablespoons Dijon mustard
- 1 cup good olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

## DIRECTIONS

1. Combine apple cider vinegar, honey, Dijon mustard, salt and pepper in blender.
2. Turn blender on medium speed and slowly add olive oil until slightly thickened.
3. Wash, dry and julienne kale.
4. Peel carrot, then use the peeler to make ribbons of carrot.
5. Use mandolin and shave radish as thick as possible - careful not to cut fingers!
6. Shave parmesan.



## ASSEMBLE

1. Place cut kale, carrot ribbons, shaved radish and  $\frac{1}{4}$  cup dressing in bowl and mix the vegetables with your hands or tongs.
2. Add half your sunflower seeds and toss again.
3. If you want more dressing, add now.
4. Top with the rest of the sunflower seeds, shaved parmesan and crumbled goat cheese.

**Makes four cups (8-10 servings).**

BROUGHT TO YOU BY



Agriculture Commissioner  
Doug Goehring