



Kale, Carrot & Apple Salad

Source: EatingWell.com

Serving Size: 1 1/4 cups

Makes: 12 servings

Ingredients:

Cider Vinaigrette

- 1 small shallot, chopped
- 1/4 cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider
- 1 1/2 tablespoons whole-grain mustard
- 2 teaspoons pure maple syrup
- 1/2 teaspoon salt
- Ground pepper to taste

Salad

- 10 cups coarsely chopped lacinato kale (1-2 large bunches)
- 2 sweet-tart apples, such as Golden Russet or Jonagold, cut into matchsticks
- 3 cups matchstick-cut carrots
- 1 cup matchstick-cut radishes
- 3/4 cup flat-leaf parsley leaves, coarsely chopped

Preparation:

1. To prepare vinaigrette: Puree shallot, vinegar, oil, cider, mustard, maple syrup, salt and pepper in a blender or mini food processor until smooth and creamy.
2. To prepare salad: Toss kale, apples, carrots, radishes and parsley in a large bowl. Drizzle with the dressing; toss to coat.

Tips & Note:

Cover and refrigerate the dressing (Step 1) for up to 2 days. Bring to room temperature before tossing with the salad. Dress the salad (Step 2) up to 30 minutes ahead.