

# A Winter Salad

Doesn't this winter salad make you smile? Every bite of this crunchy dish is full of vitality and joy, exactly what is needed during the long months of winter. You truly don't need a recipe to make it but I will share the ingredients I used and the process. Please allow yourself permission to play with what you include, bringing to life a different salad each time.

## Salad

Red cabbage, chopped finely by hand

Carrots, grated

Kohlrabi, peeled and grated

Apple, a tart yet sweet variety either grated or cut finely in julienne strips

Pumpkin Seeds

Sunflower Seeds

Other ingredients I have used include grated broccoli stems, finely chopped kale stems, diced oranges, beets, hemp seeds, and any toasted and roughly chopped nuts you enjoy.

## Vinaigrette

Blend well with a whisk or shake in a jar with a tight-fitting lid

$\frac{1}{2}$  cup of fresh orange juice

2 TBL Apple Cider Vinegar

2 TBL Honey or Maple Syrup

1  $\frac{1}{2}$  cup of Olive Oil

Salt and pepper to taste

Prepare salad ingredients and toss with the vinaigrette. Allow it to sit at room temperature to marinate a bit before serving. This salad keeps very well, up to 3 days even with the dressing. I think it tastes better each day!