

Kale, Carrot, and Apple Salad

Ingredients:

Vinaigrette:

1 small shallot, chopped
¼ c. apple cider vinegar
3 Tbsp. extra-virgin olive oil
2 Tbsp. apple cider
1½ Tbsp. whole-grain mustard
2 tsp. maple syrup
Salt and pepper to taste

Salad:

10 c. coarsely-chopped kale (1 or 2 large bunches)
2 sweet-tart apples, such as Golden Russet or Jonagold, cut into matchsticks
3 c. matchstick-cut carrots
1 c. matchstick-cut radishes

Directions:

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 in a large bowl. Drizzle with the dressing; toss to coat.