

- Themed Menu Accompanying Recipe -

Winter Green Salad

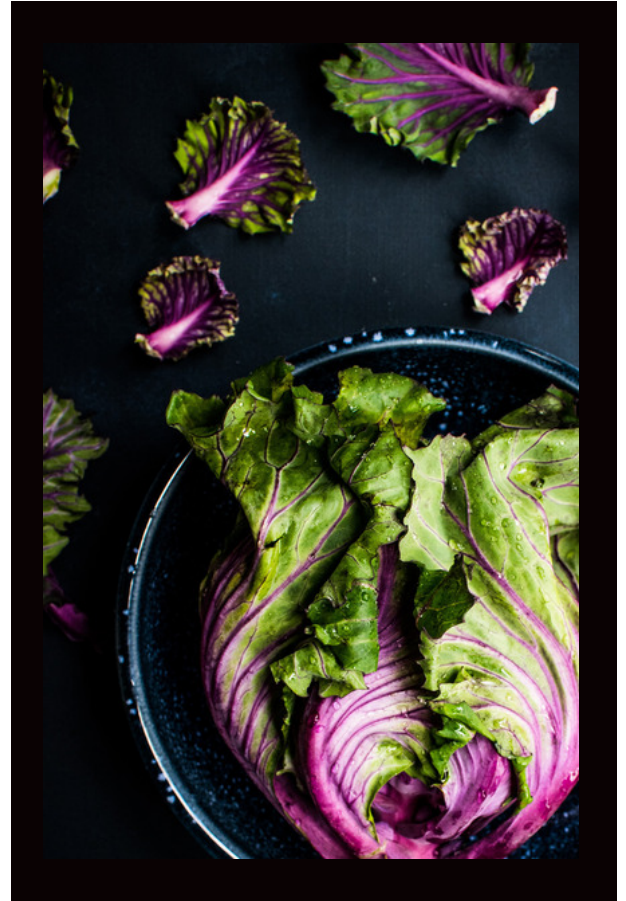
This is a large salad that keeps for several days in the refrigerator. It's also delicious with beets tops and collard greens.

Serves 6 to 8 generously

10-12 oz kale (baby, curly or black)
1 bunch Swiss Chard
1/2 a small head of cabbage
1 large carrot, peeled
1/4 of a red onion
1/2 cup dried cranberries
1/2 cup walnut halves

3 tbsp olive oil
1 tbsp red or white wine vinegar
1 clove garlic, minced
1/2 tsp Dijon mustard
1 tsp honey
salt, to taste

1. Remove the tough ribs from the kale. Slice into 1/4" thick. Slice the Swiss Chard and the cabbage into 1/4" thick slices. Transfer to a large salad bowl.
2. Finely julienne the carrot and thinly slice the red onion. Add to the salad along with the cranberries and nuts.
3. In a small bowl, whisk together the olive oil, vinegar, garlic, mustard, honey. Pour over the salad along with salt to taste. Toss well.



Jacques packs this salad when he's out on long hikes. Crammed with nutrition, it keeps him going even when he's late getting back to the cabin. Besides, the flavour is amazing!