

- Easy No Sweat 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

1/4 tsp **Rusty Sled Use-it-with-Everything Blend**

1 clove garlic, minced

1/2 tsp Dijon mustard

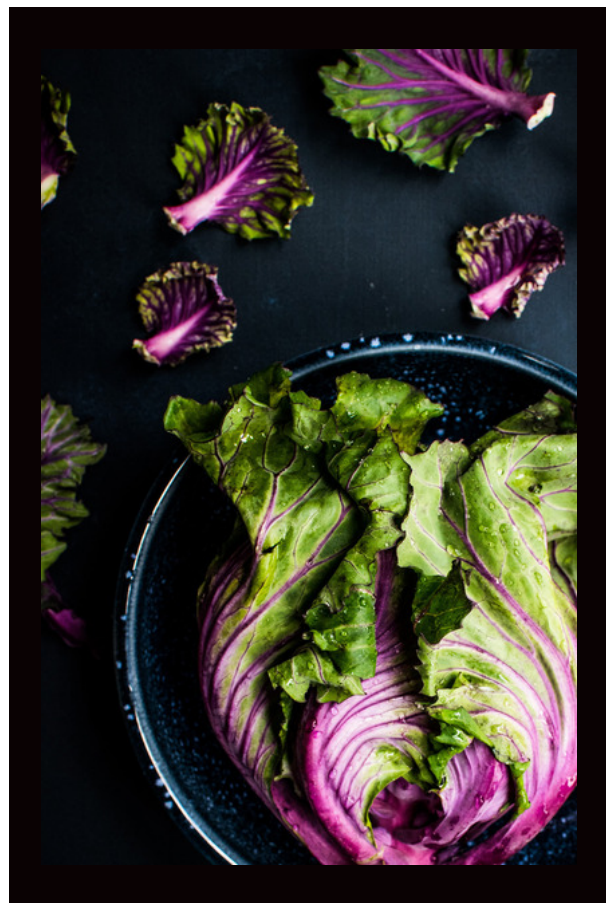
1 tsp honey

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, **Rusty Sled**, mustard, honey. Pour over the salad along with salt to taste. Toss well.



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