

# Kale, Carrot & Apple Salad

Toss the emerald-green lacinato kale in the dressing about 30 minutes before you're ready to serve — the sturdy kale leaves won't wilt from the dressing.



## Ingredients: Cider Vinaigrette

- 1 small shallot, chopped
- 1 ½ tablespoons whole-grain mustard
- ¼ cup cider vinegar
- 2 teaspoons pure maple syrup
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- 2 tablespoons apple cider
- Ground pepper to taste

## Ingredients: Salad

- 10 cups coarsely chopped lacinato kale (1-2 large bunches)
- 3 cups matchstick-cut carrots
- 2 sweet-tart apples, such as Golden Russet or Jonagold, cut into matchsticks
- 1 cup matchstick-cut radishes
- ¾ cup flat-leaf parsley leaves, coarsely chopped

## Instructions

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.

### Nutrition Per Serving

74 Calories, Total Fat: 3 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 9 g, Fiber: 2 g, Total Sugars: 5 g, Added Sugars: 1 g, Protein: 1 g, Sodium: 159 mg, Potassium: 214 mg, Iron: 0 mg, Folate: 31 mcg, Calcium: 37 mg, Vitamin A: 4940 IU, Vitamin C: 24 mg

**Carbohydrate Servings:** 1

**Yield:**  
12 servings

**Active Time:**  
30 minutes

**Total Time:**  
30 minutes

## Make Ahead Tips:



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.