

Winter Salads



Prep: 10-20 minutes

Yields: 4-6 servings

CHEF'S NOTES

As the months move towards shorter days and colder weather, we welcome seasonal greens like kale, chard, arugula, chicories, and spinach. These shoulder season or hardier greens have high levels of vitamin K, fiber, iron, and magnesium and help to balance out heavier meals of carbohydrates and starches during the winter season.

Below are two suggestions for winter salads that pair well with most meals and can be created using hardy greens and staples from your pantry. Please refer to the How to Make a Salad flow chart from the Fresh Harvest Kit recipe directory for additional instructions.



Winter Mandarin Salad

INGREDIENTS

4-6 cups mixed greens: spinach, lettuce, arugula, or chard
4 seedless mandarin oranges or 2 cans mandarin oranges
2/3 cup nuts: almonds, cashews, walnuts

OPTIONAL ADD INS: pomegranate, tomato, crasins, garlic, cheese (feta, Parmesan).

To add extra flavor to nuts, toast lightly in pan on stove for 2-3 minutes.

DRESSING: combine together in jar.

2 tbsp Dijon or other mustard
2 tbsp honey or syrup to sweeten
1/4 tsp black pepper
1/4 tsp salt
1/4 cup oil (olive oil, sunflower, vegetable)
2 tbsp vinegar (apple cider, rice vinegar, white vinegar)

Chopped Apple Salad

INGREDIENTS

1 cup apple (sliced or diced; can also substitute pears)
1/2 cup celery
1/3 cup crasins or raisins or dried fruit
1/4 tsp garlic, grated
1 cup cooked grain (quinoa, pasta, rice, cous cous, follow instructions on package for cooking)
2 green onions

OPTIONAL ADD INS: pomegranate, tomato, cucumber, shredded chicken, canned tuna/ salmon or smoked fish, roasted or sautéed squash.

DRESSING: combine together in jar.

2 tbsp Dijon or other mustard
2 tbsp honey or syrup to sweeten
1/4 tsp black pepper
1/4 tsp salt
1/4 cup oil (olive oil, sunflower, vegetable)
2 tbsp vinegar (apple cider, rice vinegar, white vinegar)