



LISA CHEPLAK
THE HEALTHY FAMILY

Kale-Chard Salad with Lemon Apple-Cider Vinaigrette

Yields: 4 servings

Ingredients:

- 1 large bunch of kale, any variety (Lacinato, Red Russian or curly)
- 1 large bunch of Swiss chard
- 1 apple, cored and sliced
- 1 cup sliced radishes
- 1 avocado, sliced
- 2 stalks celery, thinly sliced
- $\frac{1}{2}$ cup cranberries
- 2 tbsp sunflower seeds or any nuts or seeds of choice

Directions:

1. Whisk together vinaigrette ingredients
2. Stack the leaves of the kale and chard. Then roll them up and cut into thin strips. Add to a bowl and drizzle on a little of the vinaigrette to help soften up the greens. Toss well until the greens are well coated.
3. Add other salad ingredients to the greens.
4. Pour on extra dressing and toss to combine.

Lemon Apple-Cider Vinaigrette

Yield: Approximately $\frac{3}{4}$ cup dressing

Ingredients:

- Juice of 1 lemon (about $\frac{1}{4}$ cup) and zest
- $\frac{1}{2}$ cup avocado or olive oil
- 1 tbsp maple syrup
- 2 tbsp apple-cider vinegar
- 1 tbsp Dijon mustard
- $\frac{1}{2}$ tsp salt

Directions:

1. Add lemon zest, juice, maple syrup, vinegar, Dijon, salt and olive oil to jar. Tighten lid on jar and shake well. Can also whisk ingredients in a bowl. Store in refrigerator.