

Healthy Cooking with Nicole

Summer Crunch Salad

- 2 cups red cabbage, roughly chopped
- 2 cups carrots, shredded
- 1-1/2 cups fresh parsley, chopped
- 4 celery stalks, minced
- 1 cup slivered almonds
- 2 cups cauliflower, shredded
- 1/3 cup organic raisins if desired

For the Vinaigrette:

- 3 Tbsp olive oil
- 1/2 cup lemon juice
- 1 tablespoon fresh ginger, peeled and grated
- 2 tablespoons clover honey



Directions:

- Either grate the ingredients with the large hole on a box grater, or carefully add them individually into a food processor and quickly process until they're finely chopped.
- Add all of the salad ingredients to a large bowl and toss with the vinaigrette.

For the Vinaigrette

- Place the ingredients for the vinaigrette in a jar with a lid.
- Place the lid on the jar and shake.
- Best if refrigerated for up to an hour before use.

Recipe adapted from theharvest.com