

Rainbow Salad with Fresh Mint and Lemon-Balsamic Dressing

What could be better for your gut health than a rainbow of raw veggies? So nice knowing that this salad is as good for ya as it is delish. We see it as a delightful alternative to more traditional salads featuring greens like romaine, arugula, kale or spinach. We love those too, but the texture of this salad which resembles coleslaw provides an exquisite alternative to the more familiar green salads. One big fat bonus of this salad is that you can prep the veggies several hours in advance which makes entertaining/ potluck dinners so seamless. (If prepping ahead of time, we usually grate everything but the apples, and refrigerate until just before serving/ or leaving for the potluck dinner. We grate the apples at this point and toss them with a squeeze of lemon juice. You will want to add the grated apple just before serving at the same time you dress this dynamic medley of goodness! Get after it, and you can thank us later:) Ha!

For Salad:

- 1/4 wedge (about 3-inches) red cabbage
- 1/4 wedge (about 3 inches) green cabbage
- 1 small chiodga beet (white & red striped)
- 1 small golden yellow beet, stem end removed if brown
- 1 small watermelon radish
- 1 stalk celery (see note)
- 1 large carrot, stem end removed if brown
- 1 medium cucumber (skin and seeds included)
- 1 small zucchini
- 1 large apple
- zest of 1 lemon

For Dressing:

- juice of 1 lemon, plus more to taste
- 3-4 Tbsp white balsamic vinegar (we love the Blenheim Apricot from Amphora Nueva but any white balsamic will do)
- about 1/4 C extra virgin olive oil (we love Hojiblanca from Amphora Nuevo)
- 1 C chopped mint (leaves from 1 medium bunch)
- Sea salt and pepper

Grate all veggies and the apple on cone #2. Zest one lemon using cone #1. Season with lemon juice, vinegar, olive oil, salt and pepper. Fold in the chopped mint. Taste and season with more lemon, more balsamic for sweeter finish or more oil if the salad tastes too acidic. Serve immediately. Serves 6. Yield: @ 9 cups

Note: When grating the celery, press the large end of the celery through the grater, and when almost all of stalk as been grated, "reverse" the process while simultaneously pulling the remains of the celery out. Discard the stringy remains.

Note: If you can't find a chiogga beet or a watermelon radish or a yellow beet, no worries.....Just substitute a carrot. 😊