



Recipe adapted by FoodCorps Service Member Daniel Marbury
Original Recipe from <http://tastespace.wordpress.com>

Ingredients:

- ½ bunch of **Kale**, chopped
- 1 medium raw **Beet**, scrubbed and grated (alternatively you may roast)
- 1 medium carrot cut into medallions or half rounds
- 1 cup
- ¼ cup **Raisins**
- ½ cup Sunflower Seeds
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Lemon Dressing:

- ½ **Lemon**, juiced
- 3 tsp extra virgin **Olive Oil**
- ¼ tsp **Salt**
- **Pepper** to taste

Steps:

1. Place kale in a large bowl. Drizzle in the lemon juice, oil and salt. Mix it all up with your hands (no cheating!), working the lemon juice and salt into the kale leaves until the color begins to darken and the leaves wilt (around 1 minute)
2. Add shredded beet to kale, toss to coat beet in dressing. Top salad with carrots, raisins and sunflower seeds.

Serves 4 as a side/ appetizer (and can easily be doubled using the whole bunch of kale for a larger serving)

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