



“Super Greens” Salad with Radish, Citrus and Pumpkin Seeds

Recipe by Kevin Maxey of Little Rey

3/23/19

Super Greens Salad

Serves 4 as a side

1 bunch Lacinato kale

1 bunch Red Russian Kale, Black Curly Kale or other hearty green*

½ jalapeno, sliced thinly

1 each small golden, red or Chiogga beets

1 each small watermelon radish (or any radish)

1 each small turnip

1 each medium carrot

Small handful of chopped seasonal herbs (mint, dill, basil, cilantro)

2 TBS toasted pumpkin seeds

HEIRLOOM GARDENS

RODGERS GREENS & ROOTS

HEIRLOOM GARDENS

MCMULLAN FAMILY FARM

RODGERS GREENS & ROOTS

ABUNDANT HARVEST GARDENS

*Such as Swiss chard, baby collards, beet greens, or turnip greens

Citrus Vinaigrette

Juice of 2 limes

Juice of 1 orange

2 TBS red wine vinegar

2 TBS extra virgin olive oil

2 TBS maple syrup

2 tsp sea salt

Several grindings of black pepper

Procedure

1. Trim greens of any brown or wilt, and chiffonade as thin as possible with a thin-bladed, sharp knife. Submerge cut greens in cold water for 5 minutes to clean & hydrate. Lift out of the water and drain in colander for 5 minutes.
2. Slice the jalapeno as thinly as possible.
3. Wash, peel & trim the tops and tails from all of the root vegetables.
4. Using a Japanese mandolin, slice the carrots, beets, radish and turnips 2mm thick.
5. Stack the slices and julienne the slices into 2mm widths.
6. In large bowl, combine drained kale, sliced jalapeno & root vegetables, chopped herbs and toasted pumpkin seeds.
7. In a small bowl, combine the citrus juice, maple syrup, red wine vinegar, olive oil, salt & pepper.
8. Add dressing & toss to combine.
9. Taste and adjust seasoning to your taste with additional salt, maple or lime juice. Enjoy!