

Recipe Name **Kohlrabi, Fennel and Apple Salad with Pecans**

Ingredients:

- 10 oz. bag of chopped organic kale (any variety)
- 1 organic Granny Smith apple, chopped
- 1 bulb fennel, cored and thinly sliced
- 1 small bulb kohlrabi, peeled and chopped
- ½ cup of dried cranberries/cherries or chopped dates + extra for top
- ½ cup of pecan pieces (substitute your favorite nut) + extra for top

Dressing: (makes more than needed for salad, but it is great for any salad or to drizzle over roasted vegetables or a bowl)

- 1 small shallot, roughly chopped
- 3 Tbsp. hemp hearts (optional to make it creamy substitute any nut/seed)
- ¼ cup raw organic apple cider vinegar (with mother)
- ½ tsp. Dijon mustard
- ½ cup extra virgin olive oil
- 2-4 Tbsp. filtered water
- 1 Tbsp. raw organic honey
- Salt & Pepper to taste

Directions

1. In the small bowl/cup of your blender, blend all salad dressing ingredients till smooth. Start with 2 Tbsp. of water and add more if it thickens beyond your liking. If you do not have a small bowl/cup for your blender or do not want it creamy, finely chop the shallot and whisk all ingredients minus the hemp hearts/seeds and oil in a bowl. Pour the oil into the bowl slowly, whisking constantly to emulsify.
2. In a large bowl, add kale and drizzle with a small amount of olive oil, salt, and pepper. Massage kale lightly and all other salad ingredients. Drizzle dressing over top and toss.
3. Sprinkle extra dried cranberries/cherries or chopped dates and nuts over top and serve.



RECIPE

Nutrition Facts

Servings: 8

Amount per serving

Calories 293

% Daily Value*

Total Fat 22.9g 29%

Saturated Fat 3.1g 16%

Cholesterol 0mg 0%

Sodium 36mg 2%

Total Carbohydrate 18.5g 7%

Dietary Fiber 5.9g 21%

Total Sugars 8g

Protein 6.3g

Vitamin D 0mcg 0%

Calcium 59mg 5%

Iron 2mg 13%

Potassium 374mg 8%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**