

# LOVE THY CARROT

*real food made with love*

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## WINTER SALAD WITH ORANGE MISO DRESSING OR MAPLE DIJON VINAIGRETTE

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This recipe serves 4

### INGREDIENTS FOR THE SALAD

3 cups red cabbage finely sliced  
6 brussel sprouts finely sliced  
4 large leaves kale, finely sliced  
1 cup pomegranate seeds  
1/2 cup almonds or hazelnuts roughly chopped

### FOR THE ORANGE MISO DRESSING

1/3 cup freshly squeezed orange juice around 2 oranges  
1 tbsp white miso paste  
1 garlic clove minced, (optional)  
2 tbsp olive oil  
1 tbsp maple syrup  
Pinch of salt  
Combine all the ingredients together in a small mixing bowl. Whisk vigorously until the ingredients are well blended. Season to taste with salt and pepper.

### FOR THE MAPLE DIJON VINAIGRETTE

1/2 cup extra virgin olive oil  
2 tbsp Dijon mustard  
2 tbsp maple syrup  
2 tbsp apple cider vinegar  
1/4 tsp salt  
freshly ground black pepper to taste  
Combine all the ingredients together in a small mixing bowl. Whisk vigorously until the ingredients are well blended. Season to taste with salt and pepper.

### DIRECTIONS TO ASSEMBLE SALAD

1. Add the red cabbage, brussel sprouts and kale to a large mixing bowl.
2. Toss in the pomegranate seeds
3. Add half the dressing to the salad mixture and toss well. Add more dressing as

needed and salt and pepper to taste  
4. To serve top with the chopped nuts.

## C O O K S   N O T E S

This salad keeps well in the fridge.

To make this salad into an entree, add some protein like beans, tofu or tempeh.