

Rockin' Root Salad

Try this recipe from the Fit4Kids learning garden with your family. Toss together a simple fall salad with what's growing in the garden or what you can find in any market! Serves 4

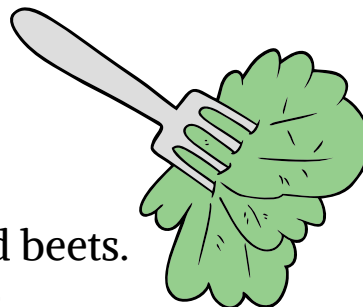
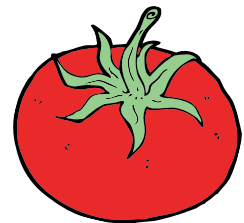
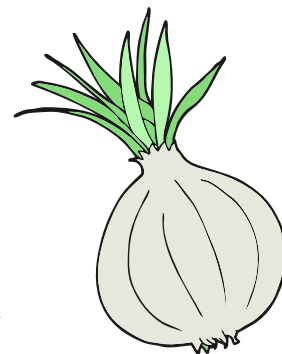
Ingredients

Salad

- 2 cups shredded carrots
- 2 cups shredded beets
- 2 apples chopped
- 4 cups of kale

Dressing

- 1/4 cup olive oil
- 3 TBSP vinegar
- 1/2 TBSP honey



Directions

1. Using a grater, shred carrots and beets.
2. Chop apples into bite size pieces.
3. Rip the leafy part of the kale off of the rib (discard the ribs), place the leaves in a large bowl, pour a couple drops of olive oil on top and gently knead the leaves for about 3-5 minutes.
4. Make the dressing by mixing the ingredients in a jar with a lid and give it a good shake!
5. Toss everything together and enjoy!

