



Mixed Salad

Ingredients

Double or triple ingredients, depending on number of guests expected.

SALAD

- 1 large bunch of kale, coarsely chopped
- 6 celery stalks, finely chopped
- 1 small red cabbage (900 g or 8 cups) finely chopped or grated
- 5 hearts of romaine lettuce, sliced
- 6 local apples, your choice, unpeeled, diced

DRESSING

- 1 bunch green onions, finely chopped
- 2 cups (500 ml) canola oil
- 1 $\frac{1}{3}$ cup (320 ml) cider vinegar
- $\frac{1}{3}$ cup (80 ml) Dijon mustard
- $\frac{1}{3}$ cup (80 ml) maple syrup
- Salt and pepper, to taste

Preparation

SALAD

- 1 In a very large bowl, mix all ingredients of salad.

DRESSING

- 2 In a medium bowl, mix all dressing ingredients with a whisk. **Set aside dressing apart from salad, until ready to serve.**

YOU WILL NEED:

- cutting boards
- chef knives
- set of measuring spoons
- set of measuring cups
- very large bowl
- medium bowl
- whisk
- tongs for service



CHEF'S TIP: A salad mixed with dressing softens and wilts rapidly. Add dressing at the last minute or let guests serve themselves. Pour a little lemon juice on apples so they don't brown.

DIETITIAN'S TIP: Add spinach if you have some, and if you do not have kale you might have arugula; in short, let the seasons and what you have in hand inspire you when making your salad.