

Superfood Salad

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Chef's Notes

This salad contains commonly available nutrient-dense ingredients that support blood health, immunity, and heart health. Adding avocado or avocado oil increases the ability of your body to absorb the brightly colored phytonutrients.

Step 1: Preparing Your Mise en Place

- 3 raw beets, shredded
 - 2 cups flat leaf kale, cleaned and thinly sliced
 - 1 cup purple cabbage, thinly sliced
 - 1 avocado, diced
 - 12 fresh green olives, pitted and coarsely chopped
 - 1/2 red onion, thinly sliced
 - handful of fresh basil, chopped
- First, gather and prepare your mise en place.

Step 2: Preparing the Salad

- 2 tbsp Dijon mustard
 - 2/3 cup avocado oil or extra virgin olive oil (for no oil version substitute with the flesh from 1 1/2 ripe avocados)
 - 1/3 cup apple cider vinegar
 - coarse sea salt and freshly cracked black pepper, to taste
- To prepare the salad, in a bowl, massage the avocado into the kale leaves and set aside to marinate.
- In a separate bowl, combine the dijon mustard and apple cider vinegar.
- Next, add to the kale and avocado mixture the beets, cabbage, green olives, red onion and basil and pour the Dijon and vinegar mixture on top. Season to taste with black pepper, omitting salt if desired. Toss well then let the salad stand for a few minutes at room temperature before serving.