



Summer Farmer's Market Rainbow Salad

With this salad you can use all or some of the vegetables recommended. Pick what looks best in the market. You want a rainbow of colors for the nutrients they provide and the beauty of the salad.

2 servings

4 cups mixed greens

½ fennel bulb

1 small beet grated on a box grater

1/2 cup shredded red cabbage

1 carrot grated on a box grater

2 radishes sliced thin

1 handful of alfalfa or clover sprouts

¼- ½ cup sauerkraut squeezed almost dry

Chopped fresh herbs of your choice, basil, thyme, parsley

Dressing of choice

- Trim off the tops and root ends from the fennel bulbs. You want to slice the fennel paper-thin. It can be difficult to cut it with a knife so use a mandolin. Save a few feathery leaves for garnish. Pull off and discard any discolored or dehydrated outer layers
- Toss greens with dressing

- Place the beets, carrots, radishes, red cabbage, sauerkraut, sprouts and fennel in little piles forming a circle around the greens like a rainbow
- Top with chopped fennel tops and fresh herbs
- Serve with extra dressing in the side