

## Arugula, Carrot & Celery Root Salad with Almonds

This salad has everything going for it—spicy arugula, sweet grated carrots and celery root, crunchy almonds—all topped off with a vibrant honey-mustard vinaigrette.

2 servings

2 Tb apple cider vinegar

1 Tb raw honey

1 tsp Dijon mustard

4 Tb extra-virgin olive oil

¼ tsp Celtic sea salt and freshly ground black pepper

2 carrots grated

1 small celery root (1/2 lb) grated

4 lightly packed cups baby arugula (about 4 oz.)

1/4 cup chopped almonds, toasted

1/3 cup chopped fresh cilantro

- In a small bowl, whisk the vinegar, salt, honey, and mustard. Whisk in the oil and season with a few grinds of pepper.
- Peel and trim the carrots and celery root and then grate them.
- Transfer to a large bowl. Add the arugula, half of the almonds and half of the cilantro.
- Toss with the vinaigrette. Season to taste with salt and pepper.
- Sprinkle with the remaining almonds and cilantro and serve.

**Chef's Tip Toasting nuts, seeds** Toasting releases the natural oils in nuts and seed deepening their flavors. Add them to a cast iron or stainless steel pan on medium heat. Shake or stir the nuts/seeds continuously, until their color has darkened and you can smell their aroma. Be careful you don't burn them. They burn really fast if you walk away.