

## Farmer's Market Salad

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

2 servings

4 cups mixed greens

1 small beet grated on a box grater

1 carrot grated on a box grater

1 cup red radishes, thinly sliced (I used a mandolin)

1 handful of sprouts (alfalfa, mung, broccoli or pea sprouts)

¼- ½ cup sauerkraut squeezed almost dry

1 cup cilantro or parsley leaves chopped

Dressing of choice

Hemp seeds or sunflower seeds (optional)

- Toss greens with dressing. Put onto a 2 plates
- Place the beets, carrots, radishes and sauerkraut, in little piles forming a circle around the greens like a rainbow
- Top with sprouts and fresh herbs
- Sprinkle the rainbow of vegetables with dressing and hemp seeds if using
- Serve with extra dressing in the side