

Everyday Salad

Swick

Makes 3 servings | Active Time: 10 minutes | Total Time: 15 minutes

Chef's Notes

RECIPE TIPS

Be sure to use unsweetened applesauce.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Make the Salad & Dressing

FOR THE DRESSING

- 2 1/4 tablespoons unsweetened applesauce
- 1 1/2 tablespoons balsamic vinegar
- 2 1/4 teaspoons pure maple syrup
- 1/2 teaspoon Dijon mustard
- 2 dashes sea salt
- freshly ground black pepper

FOR THE SALAD

- 1 1/2 carrots, grated (≈3/4 cup)
- 3/4 red bell pepper, diced (≈3/4 cup)
- 1 1/2 mini cucumbers, chopped (≈3/4 cup)
- 3/4 raw beet, grated (≈3/4 cup)
- 9 oz salad greens (≈9 cups)

PREPARE DRESSING

Combine all ingredients with 2 1/4 tablespoons water in a jar. Stir together or cover and shake until silky-smooth. Add additional water if needed to reach desired consistency. Season with additional salt and pepper, if desired.

PREPARE PRODUCE

Grate carrot. Dice bell pepper. Chop cucumber. Grate beet (if using).

ASSEMBLE & SERVE

Toss greens with carrots, bell peppers, cucumbers, and beets. Drizzle with dressing. Serve immediately.