

FOLDED HILLS

WINERY · RANCH · FARMSTEAD

RAINBOW SALAD

Ingredients:

- 2 leaves of kale, stems removed
- 2 leaves of chard
- ½ cup salad mix
- 2 beets, grated
- ¼ cup broccoli, diced
- 2 carrots, grated
- ¼ cup cabbage, chopped
- 1 celery stalk, diced
- 2 tablespoons cilantro, chopped
- 1 avocado
- 1 large lemon
- 3 tablespoons olive oil
- Salt and pepper, to taste

Directions:

Step 1: Roughly chop the dark greens - kale, chard and salad mix. Add to a large salad bowl.

Step 2: Add the remainder of ingredients into the salad bowl. Mix all ingredients to combine.

Step 3: Customize! Add other vegetables you may have at home to make the salad even more colorful! Bell peppers, cucumbers, squash, corn and cabbage are all great additions. You can also add grains to make it a heartier dish, like quinoa, brown rice or even black beans.

Step 4: Drizzle olive oil and squeeze the lemon over the salad. Add salt and pepper to taste. Mix well.



Pair with August Red

Point phone camera at
QR Code for more info.

