

NYBG

EDIBLE ACADEMY HONEY & HARVEST WEEKEND



SALAD WITH LIME HONEY AND SWEET ONION VINAIGRETTE

Prepared by Manuela Perez and Matthew Rangel,
B-Blossom Catering
Yield: 2–3 servings

Ingredients

- 2 cups collards greens, cut chiffonade
- 2 cups kale, cut chiffonade
- 1 cup white cabbage, thinly sliced
- 1 cup red cabbage, thinly sliced
- ½ cups carrots, shredded
- ½ cup cherry tomato, halved
- ½ cup cooked or canned chickpeas
- ¼ cup radish, sliced

Lime Honey and Sweet Onion Vinaigrette

- ½ medium red onion, thinly sliced
- ¼ cups honey
- ¼ cups lime juice
- ¼ cups olive oil cold pressed
- 1 tablespoon nutritional yeast flakes
- ½ teaspoon pink sea salt
- ½ teaspoon lite soy sauce
- 2 teaspoon cilantro, chopped

Honey Mustard (optional)

- ½ cups honey
- ¼ cups apple juice
- 1 cup spicy brown mustard
- 1 teaspoon parsley, chopped

Instructions

For the vinaigrette: place all ingredients in a mixing bowl.
Whisk and refrigerate.

For the salad: in a large bowl, toss all ingredients.
Add ½ of dressing. Serve.

For the honey mustard: Mix all ingredients in a bowl.