

FRESH FROM THE GARDEN TASTINGS

THRIVE's Garden Salad



Ingredients for the dressing

1-part vinegar to 2-parts oil
(Sherry, rice wine or red
balsamic vinegar; olive oil
or avocado oil)
1-2 Tablespoons mustard
2 Tablespoons freshly cut
herbs rosemary, sage, thyme
Salt and pepper, to taste

Serves 4-6

Ingredients for the salad

1 bunch kale, stems removed
2 heads of lettuce

Instructions

In a jar with a tightly-sealed lid, add 1:2 vinegar to oil (for example, ½ cup sherry vinegar to 1 cup olive oil). Add 1 Tablespoon mustard and 1 Tablespoon herbs, salt and pepper. Shake well and add additional 1 Tablespoon mustard and 1 Tablespoon herbs, to taste.

Wash and roughly chop the salad greens. To dress the salad, add approximately ½ cup of dressing and toss with the greens. Taste, adding more dressing as desired.

Leftover dressing can be stored, refrigerated, for up to 1 week. Shake before using.