



FIT TO GIVE CHALLENGE

12 DAYS OF HEALTH, WELLNESS & GIVING

PROGRAM eBOOK

Winter Greens Salad

I'm adamant about having something green on the plate at every meal. Don't be afraid to use kale and Swiss chard in a salad but be sure to chop it very fine and make sure it's well coated with dressing. It's best to make this salad the night before to let it bathe in the dressing.

Ingredients

- 2 large red beets, washed, scrubbed and chopped into 1-inch chunks
- 2 Tablespoons olive oil
- Kosher salt
- 2 cups finely chopped kale (any variety will work – I like to use red kale)
- 2 cups finely chopped Swiss chard
- 1 cup chopped parsley
- 1 red pepper, chopped
- 1 fennel bulb, white part chopped
- ½ cup flax seed or olive oil
- 3 Tbsp. fresh lemon juice (1-2 small lemons)
- 2 cloves fresh garlic, finely chopped
- salt and pepper to taste

Instructions

1. Preheat oven to 375° F.
2. Toss the beets with olive oil and kosher salt, spread out on a baking sheet and roast in the oven for 20-25 minutes, until beets are tender.
3. Place beets, greens, parsley, red pepper and fennel in a large bowl and set aside.
4. In small bowl, combine olive oil, lemon juice and garlic. Pour dressing over vegetables, toss well and add salt and pepper to taste.

Serves 6-8



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