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Kale and Beet Salad

Makes 4 servings

Dressing:

2 Tbsp apple cider vinegar
2 Tbsp olive oil
1 tsp thyme
½ fennel seeds
Salt and pepper to taste

Salad:

1 medium beet
4 or 5 large leaves of dinosaur kale, chopped and lightly steamed
Quarter of a red onion, thinly sliced

For dressing: Whisk the vinegar, olive oil, thyme, fennel seeds, and salt and pepper together in a small bowl. Set aside

For salad:

1. Cover the beet with water in a medium pan, and bring to a boil.
2. Reduce the heat and simmer until the beet is tender, approximately 20 to 30 minutes/
3. Remove the beet from the pan, and rinse in cold water. Slice off the skin, and cut the flesh into small thin pieces. Set aside.
4. Toss the kale, beet and onion together in a large bowl.
5. Top with the dressing and enjoy!

