

# The Best Winter Salad You Will Ever Eat

You don't often read winter and salad together, but I'll tell you this is the secret to staying happy and nourished all winter long. Raw vegetables are rich in enzymes and vitamins that are easy to absorb and make digestion a breeze.

Sticking to seasonal vegetables for your winter salads is challenging, but not impossible. Both beets and kale are hearty winter vegetables that retain their tastiness and nutritional worth even through the harsh winter months. Pair with that some healthy fats from avocado and vitamin C from fresh lemons and you've got yourself a salad fit for a King and Queen in the middle of winter!

Here's my absolute favorite winter salad recipe...

## Chopped Red Beet Salad

(Serves 2)

### **Ingredients:**

1 to 2 large beets, steamed (or steamed and peeled in package in produce section)

1 bunch of kale, chopped (use washed, cut and ready in package to save time)

1 handful fresh basil (OR 1 teaspoon dried basil)

1 avocado, chopped

1 lemon, juiced

1 tablespoon extra virgin olive oil

Sea salt and black pepper to taste

¼ cup pumpkin seeds



### **Directions:**

If using raw beets, place a large pot with an inch of water on the stove over high heat. Place a metal steam basket inside. Chop the beets into quarters and place in the steam basket. Cover and steam the beets for about 10 to 12 minutes until they can be easily pricked with a fork. Remove from heat set aside.

Add the kale, basil, avocado, lemon juice, olive oil, sea salt and black pepper to a large bowl. Use clean hands to massage the kale until all the ingredients are well mixed and the kale is wilted. Top with pumpkin seeds and beets.