

# MUST TRY SALAD

## NADINE THE NATUROPATH'S FAVORITE SALAD

### KALE, ARUGULA, BEET SALAD

I love this salad!! It goes great with any protein; I have paired it with fish, steak, goat cheese and chicken. It doesn't require any hard to find ingredients and it tastes delicious every time. I usually adjust the proportions of the salad while I'm making it till I find the right balance of leafy greens to beets and carrot. Feel free to make this recipe your own.

#### RECIPE:

Makes enough for 8 people

#### INGREDIENTS

##### SALAD

- 1/2 head of kale washed and finely chopped
- 1 box pre-washed arugula
- 3-4 medium sized beets washed and grated (thicker grating is fine- no need to use a microplaner, but you can)
- 3-4 large carrots washed and grated
- 2-3 pears (riper is better) washed
- 1 cup of walnut halves
- 1/4 cup icing sugar

##### DRESSING

- 1/2 cup olive oil
  - 1/4 balsamic vinegar
  - 1 tbsp dijon mustard
  - 1 tbsp maple syrup
  - Salt and pepper to taste
- (I have thrown in a few slices of pear after it was poached and that was a great addition if you have a good blender)

#### DIRECTIONS

RECIPE CONTINUES ON NEXT PAGE

#### WHY EAT THIS?

NOT ONLY IS THIS SALAD DELICIOUS IT IS LOADED WITH VITAMINS, MINERALS AND FIBER!

##### KALE:

OFTEN THOUGHT OF AS A SUPER POWERED LEAFY GREEN. HIGH IN IRON (FOR A VEGGIE), VIT K, A AND C. ITS NUMEROUS FLAVONOIDS GIVE IT GREAT ANTI-INFLAMMATORY AND ANTIOXIDANT PROPERTIES WHICH ARE IMPORTANT FOR LOWERING CHRONIC INFLAMMATION AND HAS BEEN SHOWN TO DECREASE CANCER RISK.

##### BEETS:

BEETS ARE A UNIQUE SOURCE OF PHYTONUTRIENTS CALLED BETAINS. THEY HAVE BEEN SHOWN TO PROVIDE ANTIOXIDANT, ANTI-INFLAMMATORY, AND DETOXIFICATION SUPPORT. THE DETOXIFYING ASPECT HELPS IMPROVE YOUR LIVER FUNCTION.

**OUR GOAL AT SXS WELLNESS IS TO SUPPORT YOU BECOMING YOUR BEST!**

**LET US KNOW HOW WE CAN HELP**

To learn more about EATING TO INCREASE HEALTH book a free 15 minute consultation

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## DIRECTIONS

- 1) Set oven to broil
  - 2) Boil 1 liter of water in a pot on the stove, add pears. Poach for about 8 minutes, until cooked through
  - 3) Remove pears (set aside to cool), keep water- place pot back on stove and bring back to boil
  - 4) Place walnuts into water and parboil for 1 minute
  - 5) Strain water, place walnuts on a cookie sheet, cover them with icing sugar and mix well (you can also mix walnuts and icing sugar together in a bowl then put on cookie sheet- but I try to cut down on the clean up afterwards)
  - 6) Place sugar covered walnuts in oven- WATCH them brown, about 2-3 minutes a side, but always stay close, these guys will burn the second you walk away!! I normally take them out after a couple minutes stir everything around a bit then brown again
  - 7) Set nuts aside to cool
  - 8) Combine kale, arugula, grated beets and carrots in a bowl, mix well (this is a very dense salad, it takes some elbow grease to mix it well!! I have used 2 bowls to mix then combine into one...so much for cutting down on dishes)
  - 9) Peel the pears, quarter and take out the core. Then make thin slices and chop 2/3 of pears into thirds- add the smaller chopped pears to salad. Squeeze lemon on pears after chopped if not serving right away to prevent browning.
  - 10) Make dressing by combining all ingredients in a blender and emulsify (mix super fast) until well blended. TASTE dressing and add more vinegar/sugar/oil to your liking
  - 11) Add dressing to salad and combine well
- \*\*\*if you have time allow salad to sit and absorb flavours for an hour or more. Great to make ahead of a BBQ dinner. When you are ready to eat do step 12
- 12) Top salad with candied walnuts and 1/3 of longer sliced pears (you can make pretty patterns with slices of pears and walnuts if you'd like)

ENJOY!!!!



HERE IS A  
VERSION OF THE  
SALAD I MADE IN  
CURACAO,  
THERE WERE NO  
WALNUTS OR  
PEARS SO I USED  
APPLES  
AND TRAIL MIX  
YUM!

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