

Choice Juice Boxx

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Recipe: Holiday Harvest Kale Salad w/Balsamic Vinaigrette Dressing

Ingredients

Salad

Kale
Apple
Pecan
Sunflower seeds
Pumpkin seeds
Pomegranate

Basic Green Juice

Green apple
Celery
Spinach
Lemon
Ginger

Instructions

Salad

1. Prepare the Kale

- Rinse the kale thoroughly under cold water to remove any dirt. Remove the tough stems and chop the kale into bite-sized pieces.
- To make the kale more tender, you can massage it: Place the chopped kale in a large bowl, drizzle with a little olive oil, and massage it with your hands for about 2-3 minutes until it softens.

2. Add the Apples:

- Core and slice the red apple into thin slices or small cubes. Add the apple pieces to the bowl with the kale.

3. Add the Nuts and Seeds:

- Add the chopped pecans, pomegranate seeds, pumpkin seeds, and sunflower seeds to the bowl with the kale and apples.

4. Drizzle with Dressing:

- Pour your homemade balsamic vinaigrette dressing over the salad. Start with a small amount (about 2-3 tablespoons) and add more to taste.

5. Toss the Salad:

- Gently toss all the ingredients together until the kale and other ingredients are well coated with the dressing.

6. Serve:

- Serve immediately or let it sit for about 10-15 minutes to allow the flavors to meld together. This salad can be enjoyed as a side dish or a light main course.

Basic Green Juice

1. Prepare Your Ingredients:

- Wash all the fruits and vegetables thoroughly.
- Core the green apples and cut them into quarters. If using a smaller juicer, you may need to cut them into smaller pieces.
- Chop the celery stalks into smaller pieces for easier juicing.
- Peel the lemon and ginger to remove the skin.

2. Juicing:

- Start by juicing the ginger first. This will help extract its strong flavor and ensure it blends well with the other ingredients.
- Next, feed the chopped celery into the juicer.
- Follow with the spinach, as leafy greens often need to be juiced in between firmer ingredients.
- Finally, add the green apple pieces and the lemon to the juicer.

3. Collect the Juice:

- Place a glass or jar under the juicer spout to collect the fresh juice as it flows out.

4. Mix and Serve:

- Stir the juice well to combine all the flavors.
- Pour into a glass and enjoy immediately for the best taste and nutritional benefits.

5. Storage (Optional):

- If you have leftover juice, store it in an airtight container in the refrigerator for up to 24 hours. However, it's best enjoyed fresh!