



IP-FRIENDLY  
RECIPE

# Ultimate Fall Salad

## Ingredients

10 ounces brussel sprouts, thinly sliced (3 cups)  
1 bunch lacinato kale, thinly sliced (3 cups)  
½ small red cabbage, thinly sliced (2 cups)  
1 small jicama, sliced into matchsticks (2cups)  
3 tsp. olive oil  
4 tbsp. apple cider vinegar  
¼ cup juice of 2 small lemons  
1 tbsp. mustard  
2 tbsp. IP Maple Syrup  
Sea salt and pepper, to taste

## Directions

In a large bowl, combine 3 teaspoons of olive oil, 3 tablespoons apple cider vinegar, 2 tablespoons Walden Farms Syrup, 1 tablespoon mustard, juice of 1 lemon (2 tablespoons) and 1/4 teaspoon salt, then mix together. Add the shredded Brussels sprouts, shredded kale, and shredded red cabbage to the bowl then toss until evenly coated with dressing and set aside.

Next add juice from one lemon (2 tablespoons) along with 1 tablespoon apple cider vinegar to a bowl. Add the sliced jicama to the bowl and stir until evenly coated then set aside.

Lastly, Stir everything together, add sea salt and pepper (to taste) and serve immediately or cover and refrigerate for up to 4 hours.