

Shaved Fall Salad

1 cup shaved raw butternut squash
1 cup shaved raw carrot
1 cup shaved raw celeriac
½ cup shaved fresh fennel
2 tablespoons shaved red onion
1 tablespoon parsley, chopped

Optional additions

fresh pomegranate seeds
flaked smoked salmon
grilled fuyu persimmon
chopped avocado

Make dressing (recipe below)

Combine first 7 ingredients and toss. Dress and garnish with optional additions.

2-Seeded Mustard and Apple Vinaigrette

2 teaspoons whole-grain mustard
2 tablespoons fresh squeezed lemon juice
1 teaspoon apple cider syrup (substitute maple syrup)
6 tablespoons olive oil
salt and freshly ground pepper

Mix mustard – syrup. Slowly drizzle in oil while whisking. Add salt and pepper to taste.