



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Dandelion Apple Goji Salad

Dandelion greens are an incredibly nutritious and potent anticancer food but are rarely consumed because most folks don't know they are edible, and they are slightly bitter. We cracked the code and created a beautiful flavor balance by adding sweet apples, goji berries, and a maple mustard dressing. This superfood salad has a wide spectrum of flavors and textures and a hearty satisfying crunch. Dandelion greens are super nutritious source of vitamins A, K, C and B6, thiamin, riboflavin, calcium, iron, potassium, manganese, folate, magnesium, phosphorus, and copper.

Dressing Ingredients:

Juice of 1 lemon
1 tbsp. extra virgin olive oil
2 tbsp maple syrup
2 tbsp grainy mustard
1 tbsp minced shallot
¼ tsp sea salt
¼ tsp black pepper

Salad ingredients:

1 medium Pink Lady or other sweet apple,
diced (about 1 ½ cups)
4 medium carrots, shredded (about 2 cups)
1 medium bunch dandelion greens,
chopped (about 2 cups)
½ cup chopped walnuts
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½ cup goji berries
1 tsp fresh thyme leaves

Instructions:

Whisk all the ingredients for the dressing in a large bowl until well incorporated.

Add all the ingredients for the salad to the bowl and toss with dressing to combine.

Pro Tip: this salad can be made and stored in the fridge for up to 3 days and enjoyed as a quick lunch or side with dinner.

Recipe from *Beat Cancer Kitchen* by Chris and Micah Wark



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