



AWESOME, EASY RHUBARB SALAD

A fresh, easy, crunchy and flavorful salad to serve as a side to any protein, or all by itself to fuel you and your family with energy, phytonutrients and love because it was prepared by YOU!



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INGREDIENTS

- Handful of lettuce
- 2 leaves of red Russian kale, stalk removed, chopped (the smaller the better for chewing!)
- 2 spinach leaves
- 1 carrot shredded (use a carrot peeler), chop green top too
- 1 full leaf of Bok Choi (chopped)
- 3 chive flowers pulled apart (optional- yes you can eat them and SO PRETTY!)
- 2 Chives chopped (optional- but adds such yum flavor!)

Rhubarb Vinaigrette

- 1 rhubarb stalk, thinly sliced
- 2 tbsp. honey
- 2 tbsp. rice vinegar (red wine or raspberry vinegar work well too)
- 2 tsp. grainy Dijon mustard (or to taste)
- 1/4 cup olive oil

PREP TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

Let me know what you think!
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DIRECTIONS

Rhubarb Vinaigrette:

1. In small saucepan, simmer rhubarb with 1/4 - 1/2 cup water for 5 minutes, or until very soft. Remove from heat and set aside to cool.
2. Add rhubarb to blender, add honey, vinegar and mustard. Pulse until smooth.
3. With motor running on low, slowly pour in oil until blended.

Salad: (while rhubarb cooks)

1. Chop all veggies, unless you like leafy, then rip them up into bite sized shapes.
2. Add all veggies to a big serving bowl.
3. Drizzle rhubarb Vinaigrette over salad mix.
4. Serve while smiling 😊!

Options:

- Add 2 boiled, sliced, cage-free, organic eggs
- Store excess vinaigrette in a protein shaker cup to re-mix dressing- it's super-fast
- Add or exchange any veggies to something on hand
- Try a handful of sunflower or pumpkin seeds