

## Liver Lover Salad

This salad is packed with liver loving ingredients and it's incredibly easy to make.

1 large beet, coarsely grated  
1 large carrot, coarsely grated  
1 large apple, diced  
2 tbsp (30mL) walnuts, chopped  
4 cups (1L) mixed greens

2 tbsp (30mL) extra-virgin olive or chia,  
flax, hemp, perilla or sachi inchi seed oil  
2 tbsp (30mL) lemon juice  
2 tbsp (30mL) fresh dill or parsley, finely  
chopped

1 tsp (5mL) Dijon mustard  
2 cloves garlic, minced  
¼ tsp (1mL) sea salt or pink rock salt

1. Toss the beet, carrot, apple, herbs and walnuts together in a bowl.
2. Combine the oil, lemon juice, garlic and salt and mix well. The dressing can be made 2 days in advance and refrigerated.
3. Before serving, toss the beet mixture with the dressing.
4. Arrange one cup of greens on each of four plates and top with the slaw mixture.

Adapted from a recipe created by Julie Daniluk for [www.thebigcarrot.ca](http://www.thebigcarrot.ca)