

# THE COLOURS OF THE SEASON

## THE GLORY OF GREEN

**Green.** The evergreen that adorns our homes during the holiday season is a symbol of life and living in the depths of winter. The same can be said about greens in our diet. Incorporating winter greens as a staple into our winter diet can give a burst of alkalinity and balance at a time when foods are so acidic and rich. Dark winter greens, when prepared in new and fresh ways, can be far from boring. Winter Green Salad for your holiday celebrations, anyone??

### Winter Green Salad

- 1/2 head of Napa cabbage (a small head)
- 1/2 head of radicchio
- 4-5 stalks kale
- 1/4 cup fresh, organic cranberries
- 1/2 pomegranate

Dress with a citrus-based vinaigrette of your choice.



### INSTRUCTIONS:

1. Peel outer leaves off cabbage and radicchio and shred them with a sharp Santoku or chef knife. Don't worry about making them too thin.
2. Wash and dry kale and remove greenery from the stalk. Chop to about the same thickness as the cabbage.
3. Wash and drain cranberries, then slice them into rounds with a small paring knife.
4. Segment the pomegranate and set aside.
5. In a large salad bowl, toss kale with a tablespoon of vinaigrette and allow to marinate for about five minutes.
6. Add cabbage and radicchio and toss with a few more tablespoons vinaigrette.
7. Sprinkle sliced cranberries and pomegranates and present at the table. Toss salad one more time before mounding it onto plates.

Servings: 6 Calories per serving: 23

Fat: 0.2g Sodium: 49mg Carbs: 4.8g Fibre: 1g Sugar: 2.7g Protein: 1.4g

**BONUS:** This salad doubles as a beautiful arrangement of festive holiday colour to adorn your table and wow your guests!

Source: <http://www.simplebites.net/a-christmas-salad-of-winter-greens-fruit>



Living greens on your plate to living greens on your door! Going green can have many meanings over the holidays. Here are some eco-friendly tips you can use to go green this season!

### Go Green This Holiday!

- Use LED lights & candles which use 90-95% less energy than traditional lights.
- Use herb branches like eucalyptus, rosemary, thyme to make wreaths and green holiday décor that can be used in the kitchen! <https://www.marthastewart.com/920158/martha-stewart-builds-useful-herb-wreath>
- If a Christmas tree is your tradition, try a potted tree to plant after the holiday season is over. A great family tradition!
- Ditch the paper. Wrap in reusable materials such as dishcloths, holiday-themed bed sheets, pillow cases or tablecloths.
- Shop local, handmade, or purchase gifts made with recycled materials.

Source: <https://www.todayhomeowner.com/how-to-have-a-green-eco-friendly-christmas/>