

## Orchard Root Vegetable Salad



### Makes:

5 servings

### Utensil:

Saladmaster Food Processor  
12" Electric Oil Core Skillet  
3.5 Qt. Double Walled Bowl  
small mixing bowl

**Rate** ★★★★★

### Recipe:

### Contributed By:

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Hospital; Former Culinary Instructor at Dorsey Culinary Academy;  
Former Executive Chef in various 4 star restaurants

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#### Salad

2 cups  
sweet potato, processed, use Cone #3 (approximately 227 g)  
2 cups  
butternut squash, cut in half, deseeded, processed, use Cone #3  
(approximately 227 g)  
1 quart  
celery root, peeled, quartered and processed, use Cone #3  
2 tablespoons  
grape seed oil  
(30  
mL)  
1 bunch  
(approximately 1 quart) dino kale, medium rough chop  
1 cup  
golden raisins  
(145  
g)  
1 tart apple (such as Northern Spy or Ginger Gold), halved,  
and strung, use Cone #2  
1 mild apple (such as Pink Lady or Jonathan), halved and  
strung, use Cone #2  
8 ounces  
chevre cheese (optional)  
(227  
g)

### Dressing

1  
tablespoon dry rosemary (3 g) 4  
ounces agave (113 g) 3  
nectar 1

ounces apple cider (90 mL) 1  
vinegar

ounce grape seed oil (30 mL) teaspoon rosemary salt (6 g)

#### Directions:

1. Process sweet potato, butternut squash and celery root on Cone #3 directly into a bowl. Add grape seed oil and mix to evenly coat vegetables.
2. Preheat electric skillet to 400°F/205°C. Add vegetable mixture and roast. Vegetables should be lightly caramelized, but crisp. Transfer vegetables to a large mixing bowl.
3. Trim the stem end of the kale leaves. Rough chop, wash and dry kale.
4. Add kale to vegetable mixture. Top with golden raisins.
5. Cut apples on Cone #2 directly over top of the salad.
6. Toss all ingredients (except cheese) with the dressing and portion in to 5 servings. Top with Chevre, if desired, and serve warm.

#### Dressing

1. Combine ground rosemary, agave nectar and apple cider vinegar in a small bowl and mix until well blended (30 seconds).
2. Slowly add oil in a thin steady stream.

#### Tips:

- May use 4 cups sliced celery, use Cone #4, if celery root (celeriac) not available.
- May grind your own dried rosemary with an electric coffee mill.
- If the root vegetables are dryer than normal, you may need a little bit of oil to get a good caramelization.
- Stems on Dino kale are soft and edible; there is no need to remove the whole stem, just the end.
- Best when served warm.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 353

**Total Fat:** 10g

**Saturated Fat:** 1g

**Cholesterol:** 0mg

**Sodium:** 463mg

**Total** 52g

**Carbs:**

**Dietary Fiber:** 7g

**Sugar:** 23g

**Protein:** 5g

Nutritional analysis does not include chevre cheese