

## **Synergistic Salad**

*From your box: carrots, parsley*

*Other ingredients: apple, ginger, garlic, lemon juice, olive oil, cayenne, salt*

Shred four carrots. Thinly slice an apple. Chop a 2-inch piece of ginger, 1 or 2 garlic cloves, and 1/3 cup parsley. Toss together. In a small bowl, combine 3 tablespoons lemon juice, 2 tablespoons olive oil, a pinch of cayenne, and 1/2 teaspoon salt. Mix into salad.

CAUTION: Very refreshing and addicting!

*From our friends Justin Pollack and Kim Nearpass*