INGREDIENT LIST:
• 3 large carrots, peeled and julienned, about 2 cups
• 2 Granny Smith apples, skin on, julienned, about 3 cups
• Juice of 1 orange
• 3 Tbsp. extra-virgin olive oil
• 2 Tbsp. chopped fresh Italian parsley (or mint)
• ¼ Tsp. kosher salt
• Freshly ground black pepper

INSTRUCTIONS:
Toss the carrots and apples in a salad bowl with the orange juice and olive oil. Sprinkle with the parsley, season with the salt and pepper, and toss again. Serve cold.

NOTES:
This salad is not only delicious by itself but also a great platform for smoked meats or fish; it works well with trout, salmon, duck breast, and ham. Serve the proteins alongside the salad and you have a great appetizer or meal. It is a sandwich stuffer as well; instead of using mayonnaise or other fatty dressings, use this juicy salad. It is especially good on a sandwich of sliced turkey, chicken, or ham.

Servings: 6