

Kale (or spinach) Blueberry Slaw with Buttermilk Dressing

Dressing:

6 tbsp. of apple cider vinegar

3 tbsp. grated onion

½ tsp Worcestershire sauce

¼ tsp hot sauce

1 garlic clove minced

½ granny smith apple minced (w/ 1 tsp of lemon juice to avoid dis-coloration)

1 c buttermilk

6 tbsp. of mayonnaise

6 tbsp. of sour cream

3 tbsp. of finely chopped tarragon

Salt and pepper to taste (freshly ground preferred)

½ tsp sugar

Salad

6 radishes, thinly sliced

4 medium carrots cut into thin slices

1 bunch kale (or spinach) trimmed and thinly sliced

½ small red cabbage, shredded

1 cup fresh blueberries

1 cup fresh raspberries (or strawberries) thinly sliced...optional

Dressing: Stir together first six ingredients in a jar with tight fitting lid; let stand 5 minutes and add the buttermilk and next three ingredients. Cover tightly and shake vigorously. Add salt, pepper and sugar to taste and refrigerate for thirty minutes.

Salad: Toss together all ingredients and gently pour in ½ c dressing and refrigerate for thirty minutes. Serve with remaining dressing.... Garnish with blueberries and radish slices.