

Crunchy Celery Salad

A healthy winter salad with a delicious combination of flavors

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INGREDIENTS

(makes 4-6 portions)

- 1 sweet green apple
- about 1/3 of an iceberg salad
- 3 celery stems with leaves or 4-5 without leaves
- ½ cucumber
- 1 carrot
- handful of pomegranate

- 1tbsp lemon juice
- 2tbsp olive oil
- about 1 tsp salt
- some black pepper
- some pepper and chili mix (optional)
- 1tsp runny honey
- about 1tbsp flax seed (optional)



DIRECTIONS

1. Start by de-seeding the apples and cubing them. If you are not using organic apples then you also want to peel them.
2. Add the apple cubes into a large salad bowl and squeeze over some lemon juice just so that you can cover the apples with the lemon juice. This will ensure that the apples won't get brown in the salad.
3. Then slice the iceberg salad finely, cut the celery and cube the cucumbers.
4. Peel the carrot and grate it on a grater.
5. Add the salad, celery, cucumber and grated carrot to the salad bowl. Then add a handful of pomegranate.
6. To make the dressing mix one tablespoon of freshly squeezed lemon juice, two tablespoons of olive oil, one teaspoon of salt (you can add less if you want), pepper and a teaspoon of honey.
7. Pour the dressing over the salad and mix well.
8. If you want you can also add a tablespoon of flax seed to the salad.
9. Serve fresh.