

## SALANOVA

# Sweet Salanova Salad

Recipe by  
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Salanova is marketed as an "efficient" salad because simply removing the core releases all of the head's dense leaf structure at once. We're growing mini heads, so a household apple or pear corer—if you have one—is the perfect size to do just that.



**4 servings**

Serving Size



**10 min**

Cook Time

## Ingredients & Equipment

Corer (or sharp paring knife)

Microplane (or box grater)

Large prep bowl

Whisk

### FROM YOUR FARM SHARE

4 mini heads Salanova lettuce, washed & dried, grow plugs removed

2 or 3 kale leaves, stems removed

### FROM YOUR PANTRY

1/4 cup extra virgin olive oil

1/4 cup pure maple syrup

2 tbsp apple cider vinegar

1 lemon

Kosher salt & black pepper

2 oz. goat cheese, crumbled

6 grape tomatoes, halved

## Instructions

1. Flip each Salanova head upside down so the core is facing up. Encircle the core with the tip of a corer (or work with a small, sharp knife) and pierce the head through. Salanova leaves should fall away, leaving behind the core which can be discarded. Repeat for each head.
2. Roughly chop kale leaves until bite-sized.
3. Time to prepare your vinaigrette. In a large prep bowl, combine maple syrup, apple cider vinegar, the zest of your lemon, the juice from half of that lemon, a half tsp of kosher salt, and a pinch of black pepper.
4. Whisk the mixture until combined. Then, while continuing to whisk, add the olive oil in a slow and steady stream until the mixture is emulsified.
5. Reserve 3 tbsp of vinaigrette in the large bowl. Pour the rest into a resealable container and refrigerate for future use.
6. Add the lettuce, goat cheese, and tomatoes to the bowl. Toss to coat, and serve.