



Parsley Salad

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Categories: Salads

Servings: 4

Start to Finish Time: 10 minutes

Preparation Time: 10 minutes

Description: Recipe adapted from Chef Michael Symon, The Chew

Directions

- 1) In a medium bowl, add the carrot ribbons, red onion and parsley. Toss to combine.
- 2) In a separate bowl whisk together the red wine vinegar and honey and season with Sea Salt and fresh ground Black Pepper. Taste and adjust as necessary. Add more honey if necessary.
- 3) Pour the dressing over the greens and gently toss to coat.
- 4) Place the salad on a plate. Top with micro greens and some edible flowers.

Ingredients

2 med Carrots, shaved into ribbons
1 med Red Onion, peeled and thinly sliced on a mandolin
1 bunch Parsley Leaves
1/4 c Red Wine Vinegar
1 t Honey. Use Tupelo Honey if you can find it.
Sea Salt and freshly ground Black Pepper