



Tortoise Greens Salad

Vegetarian ~ Dairy-free ~ Nut-free ~ Egg-free ~ Gluten-free



Mohave the Desert Tortoise is an herbivore, which means he only eats plants! Desert Tortoises eat a variety of leaves and grasses that grow in their habitat, as well as other plants like cactus and wildflowers.

Try this seasonal Tortoise Greens Salad recipe to find out just how tasty an herbivore's meal can be!

Substitute any of these for your personal favorite salad ingredients. This recipe makes enough salad for 2-3 people to share.

Ingredients:

- ½ bunch of kale
- 2 cups baby spinach
- 1 apple
- 1 carrot
- ¼ cup dried cranberries
- A sprinkle of salt
- A dash of olive oil

For the dressing:

- 1 Tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard

Steps:

1. Wash your hands!
2. Wash your kale, spinach, carrot, and apple.
3. Remove the kale stems. Rip up the kale into 1 inch pieces and place into a bowl. Sprinkle salt and a dash of olive oil over the kale and massage it with your hands for about 1 minute.
4. With the help of an **adult**, grate the carrot and slice the apple into bite size pieces. Add spinach, dried cranberries, grated carrot, and sliced apples to the bowl.
5. Mix the olive oil, apple cider vinegar, honey, and Dijon mustard in a small mason jar. Make sure the lid is on tightly, and then shake to combine.
6. Pour the dressing over the salad and gently toss to combine.

Enjoy your Tortoise Greens Salad!



76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org