

For the Hike

MINI CHEESE PLATTER & CRUNCHY SALAD

It's a neat trick to make a light lunch that is easy and elegant at the same time.

Trail-tested Crunchy Salad

"Salad" is a matter of interpretation. This no-lettuce version makes good use of sturdy vegetables that will stay crunchy while you make that final climb up the trail at Monument Mountain. Bring forks.

Prep time: 10 Minutes

Serves: 2-4

INGREDIENTS

4-5 fresh carrots, scrubbed, or scraped if necessary

4-5 stalks celery with leaves

¼ head cabbage (about 3 cups when processed)

2 cups arugula

½ cup slivered toasted almonds

2 TB shredded Parmesan cheese

Your favorite vinaigrette

DIRECTIONS

Run the carrots, celery, and cabbage through a food processor equipped with a slicing disk. Scrape into a container for carrying, along with the almonds, Parmesan, and dressing, and pack away. Miraculously your salad just might be "tossed" when you bring it out for lunch!

Variations: Fennel bulb, celeriac, and sweet onion are all delicious in a salad like this. A first cousin of this salad can easily be made with a kid-friendly combo of carrots, apples, Parmesan, and raisins.

Tip: Pack a small soft cooler for the salad and your drink, but keep the cheese in its own little container outside of the cooler. By the time you get to your lunch spot, that Great Hill Blue will be the perfect temperature.