

Paper-Thin Carrot Salad

- 3 small carrots, sliced paper-thin (yields 1 cup)
- 1/4 Honeycrisp apple, sliced paper-thin
- 1 handful arugula or watercress, chopped
- 1 T finely chopped sweet onion
- 2 T crumbled cheddar
- 1 T each roasted sunflower seeds, pumpkin seeds
- 1 T sherry vinegar
- 1 t olive oil
- sea salt and freshly grated black pepper
- a few squirts of Frank's Hot Sauce

Combine all ingredients and divide into 2 portions.

Jittery Cook