

APPLE PECAN KALE SALAD

INGREDIENTS

For the Salad

- 1/2 cup raw pecans
- 1 bunch of kale (curly is best) coarsely chopped and massaged
- 2 small apples (1 tart, 1 sweet) thinly sliced
- 1/4 cup of red onion
- 2 Tablespoons dried cranberries (optional)

For the Dressing

- 1 large lemon, juiced (about 3 Tablespoons)
- 1 Tablespoon Maple Syrup
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 3 Tablespoons Olive Oil

DIRECTIONS

1. Toast the Pecans, either on a baking sheet in a 350 degree oven for 8-10 minutes or in a small skillet over medium heat on the stovetop until fragrant and golden brown.
2. Prepare remaining salad ingredients and add to a large mixing bowl. Gently massage kale to soften, until it turns deep green.
3. Prepare salad dressing in a mixing bowl or a mason jar by adding all ingredients and shaking or whisking vigorously to combine. Taste and adjust flavors as needed.
4. Add pecans to salad and top with dressing. Toss to combine and serve immediately.
5. Store leftovers (dressing separate from salad) covered in the fridge for 2-3 days. Dressing should keep at room temperature for 2-3 days when sealed.

VARIATIONS & TIPS

- You may use any salad greens you may have on hand. Arugula or baby spinach would be great choices.
- Many substitutions can be made in this salad depending on what you have on hand. Pecans, almonds, or other nuts; red onion, white onion or even green onions; maple syrup, honey or agave.
- For alternatives to the apples, try adding blueberries, strawberries or mandarin oranges!

NUTRITION FACTS

249 Calories, Carbohydrates: 20.6g, Fiber: 3.9g, Sugar: 14.1g (3g added sugar), Protein: 2.2g, Fat: 19.4g, Saturated fat: 2.2g, Cholesterol: 0mg, Sodium: 81mg

YIELD: 4 servings if serving as side, 2 servings if serving as main entrée

SOUCE: Adapted from MinimalistBaker.com



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