

Winter Kale Salad

Prep time:

10 minutes

Yields:

4 servings

Ingredients:

FOR THE WINTER SALAD:

1/2 cup pecan halves, toasted

1/2 small red onion, thinly sliced

1 bunch kale, stems removed, leaves torn into bite-sized pieces

1/2 cup pomegranate seeds

1/2 cup shredded carrots

FOR THE DIJON DRESSING:

3 tablespoons extra virgin olive oil

2 tablespoons apple cider vinegar

1 tablespoon Dijon mustard

2 teaspoons maple syrup

Salt and pepper to taste

Directions:

In a mixing bowl, whisk together all of the dressing ingredients: olive oil, apple cider vinegar, mustard, maple syrup, salt and pepper. Place the kale and onion slices in the dressing. Mix well massaging the dressing into the kale (the flavors will meld and the kale will become more tender). Sprinkle with the toasted pecans, pomegranate seeds and carrots. Toss lightly and serve.