



Kale Salad with Apples, Pecans and Cranberry Vinaigrette

Makes 10 portions

Ingredients:

8 oz. Curly Kale – bite size pieces
8 oz. Tuscan Kale – bite size pieces
10 oz. Apple – Honeycrisp – cut into thin slices
6 oz. Red Onion – julienne
8 oz. Dry Cranberries
To taste Salt
To taste Pepper
10 oz. Roasted Pecans Halves

Cranberry Vinaigrette

4 oz. Cranberry Juice
2 oz. Dry Cranberries
4 oz. Raspberry Vinegar
1 oz. Shallots – minced
1 oz. Garlic – minced
¼ tsp. Thyme Leaves – fresh, minced
1 oz. Dijon Mustard
12 oz. Olive Oil
To taste Salt
To taste Pepper

Directions:

Prepare the Vinaigrette

Place the cranberry juice and dry cranberries in a pot. Heat to plump the cranberries – remove from the heat.

Place the mixture in a food processor or blender and puree until smooth.

Add the vinegar, shallots, garlic, thyme and mustard and blend until smooth.

With the machine running, slowly add in the oil to form an emulsion

Check taste and consistency – if too thick thin with a little cool water

Season with salt and pepper

To Serve:

Make sure the kale has been thoroughly washed and drained. Cut into bite size pieces

Roast the pecan halves until just toasted – allow to cool

Place the kale in a bowl with the apple slices, red onion and ½ of the dry cranberries.

Add the vinaigrette – toss to blend well

Place portion of mixed salad on serving plate

Top with remaining cranberries and pecans