

# Winter Kale Salad

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## RECIPE

Makes 20 1/2 cup servings

### SALAD INGREDIENTS

- 10 cups kale leaves (stripped from the stem)
- 1 small red onion
- 2 pomegranates (or 1+ cup dried cranberries or dried cherries)
- 4 T. chopped parsley
- 8 oz. crumbled feta cheese (optional)
- 1 cup pine nuts, garbanzo beans, lentils or pecan pieces (optional, can be toasted ahead of time)

### DRESSING

- 2 T. Honey
- 1/2 tsp. sea salt
- 1/4 tsp black pepper
- 2 T. Dijon mustard
- 4 T. apple cider vinegar
- 6 T. extra virgin olive oil

### PREPARATION INSTRUCTIONS

1. Thinly slice onion (tip: set in a bowl of cold water for 10 minutes to soften “bite”)
2. Wash and slice the kale into long thin “ribbons” (strips), or tear into small pieces.
3. Prepare pomegranate, parsley and feta as follows and place in separate small bowls:
  - a. Remove pomegranate seeds. (Use a wooden spoon to hit seeds out of the membrane.)
  - b. Chop or tear parsley into small pieces.
  - c. Crumble feta if needed.
4. Toss kale and onion in a large bowl together.
5. Make the dressing with student assistants: measure all ingredients in a small bowl. Whisk for 1-2 minutes, so the mixture emulsifies. Pour half of the dressing over the kale/onion and toss thoroughly, making sure salad is well coated. Add remaining dressing as desired.

If time allows, let the salad rest for up to 10 minutes to soften kale and allow flavors to blend.

Plate the salad and offer students feta, nuts and pomegranate seeds to top their salads.

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*Recipe created for The School Garden Network's Cooking From The Garden program.*