

Winter Kale Salad with Orange Tahini Dressing



Because kale is hearty, this salad will keep well in the fridge. Raw kale is quite tough and fibrous, but a quick “massage” will yield tender leaves. Feel free to sub your favorite veggies, nuts and seeds, or cheese.

YIELD	PREP TIME	TOTAL TIME
5 SERVINGS	15 MIN	45 MIN

INGREDIENTS

For the Roasted Sweet Potatoes:

1 each	Sweet Potato, medium dice (about 12 oz)
1 Tbsp	Olive Oil
1 tsp	Garlic Powder
1 tsp	Smoked Paprika
½ tsp	Onion Powder
¼ tsp	Kosher Salt

For the Orange Tahini Dressing:

¼ cup	Tahini
1 each	Orange, zested and juiced
2 Tbsp	Apple Cider Vinegar
2 tsp	Dijon Mustard
2 tsp	Maple Syrup
1 tsp	Garlic Powder

For the Salad:

8 cups	Kale, destemmed and chopped (about 10 large leaves)
1 each	Granny Smith Apple, diced
⅓ cup	Dried Cranberries, reduced sugar
1 cup	Pecans, toasted and chopped
¼ cup	Feta Cheese

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat the oven to 400°F and line a half sheet tray with parchment paper or foil.
2. Prepare the roasted sweet potato: Add the diced sweet potato to a medium mixing bowl with 1 Tbsp olive oil and the spices. Toss to coat then transfer to the prepared sheet tray.
3. Bake until the sweet potatoes are lightly browned and tender, about 20 - 25 minutes. Toss halfway through for even browning.
4. Toast the pecans: heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant, about 3-4 minutes. Pay close attention as they can go from toasted to burnt very quickly. Transfer the toasted pecans to a bowl and allow to cool before chopping.
5. Prepare the salad dressing by adding all dressing ingredients to a small bowl. Whisk to combine. If needed, add water, one tablespoon at a time, to reach a pourable consistency.

6. Assemble the salad: Add the chopped kale to a large bowl. Using clean hands, massage the leaves until the kale becomes tender and darkens in color, about 1- 2 minutes.
7. Add the roasted sweet potatoes, dried cranberries, pecans, feta, and the dressing to the bowl with the kale. Toss to combine and enjoy!

Nutrition Facts	
5 servings per container	
Serving size 2 cups dressed salad (304g)	
Amount Per Serving	
Calories	460
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 380mg	17%
Total Carbohydrate 49g	18%
Dietary Fiber 10g	36%
Total Sugars 14g	
Includes 4g Added Sugars	8%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 3.6mg	20%
Potassium 470mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK, PECAN, SESAME

