

# 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.*

<b>YIELD</b> <b>5 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## 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, crumbled

## 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 low 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. 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.

6. 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.
7. Assemble the salad Add the roasted sweet potatoes, diced apple, dried cranberries, pecans, feta, and the dressing to the bowl with the kale. Toss to combine and enjoy!

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size 2 cups dressed salad (304g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>460</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 27g	<b>35%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 14g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 12g	<b>24%</b>
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

