



Cooked Winter Kale Salad

4 servings
20 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 1/8 tsp Sea Salt
- 6 cups Kale Leaves (thinly sliced, slightly cooked)
- 1/2 cup Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 cup Pumpkin Seeds
- 1/4 cup Unsweetened Coconut Flakes (toasted)

Directions

- 1 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 2 Cut up the kale and add to a pot of hot water for about 30 seconds to slightly wilt then drain and allow to cool. Add the cooked kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 3 Top the kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

No Pear: Use sliced apple instead.

No Kale: Use Swiss chard or collard greens instead.