

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Autumn Kale Salad

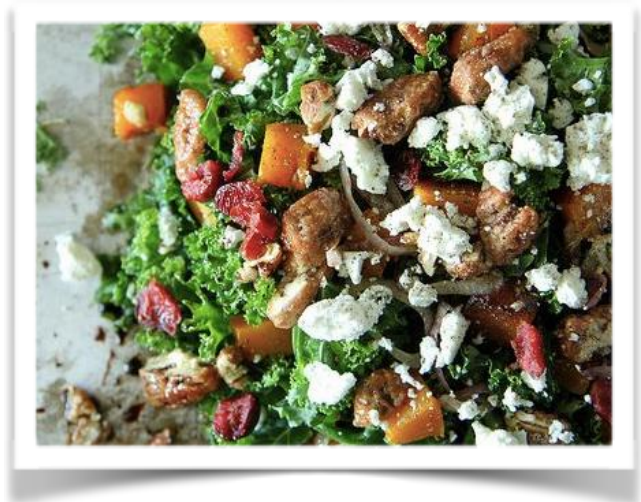
Ingredients:

Salad

- 1 large bunch of kale
- Pinch of sea salt
- 1 medium Honeycrisp apple, chopped
- 1/3 cup crumbled goat cheese
- 1/3 cup dried cranberries
- 1/4 cup pumpkin seeds

Dressing

- 1/4 cup olive oil
- 1 tsp lemon zest
- 2 Tbsp maple syrup
- 2 tsp Dijon mustard
- 1/8 tsp salt
- freshly ground black pepper (to taste)



Preparation:

- Remove the tough rib from the kale and discard the ribs.
- Chop the kale leaves into small bite sized pieces and transfer to a big salad bowl.
- Sprinkle a pinch of sea salt over the kale and massage until the kale becomes darker in color and fragrant.
- Add the apple, goat cheese, cranberries and pumpkin seeds to the kale.
- Toss together to ensure that everything is well incorporated.
- In a small bowl whisk together all the dressing ingredients until emulsified.
- Toss some of the dressing in with the salad until the kale is lightly coated. There may be some extra dressing left over but that's okay.
- Serve and enjoy!

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes