

KALE SALAD

SERVES 4-5

INGREDIENTS

FOR SALAD

2 bunches Curly Kale
1 tbsp Kosher salt
1/3 cup Blueberries
1 Head Fennel
1/3 cup Toasted hazelnuts
1/4 cup Dried blueberries
1/4 cup Goat cheese

FOR WHITE BALSAMIC DRESSING

1 cup White balsamic vinegar
1 tbsp Minced shallot
1 tsp Chopped thyme
1 tsp Dijon mustard
1/2 Lemon
3oz Extra virgin olive oil

DIRECTIONS

- 1** Clean and dry kale.
- 2** Chiffonade (ribbon cut) kale. Place in bowl and with 1 tbsp of Kosher salt and gently massage the kale. Let sit for about 20 minutes
- 3** Pour 1 cup white balsamic vinegar into a medium sized bowl. Whisk in shallots, thyme, and dijon mustard. Finish with evoo and juice from lemon. Set dressing aside.
- 4** Thinly slice fennel and add to your kale. Add half the hazelnuts, dried and fresh blueberries, and goat cheese to the kale. Add dressing and toss to evenly distribute everything in the salad.
- 5** Plate and garnish with remaining toppings, dig in!

