



Pecan, Pear, Pomegranate Kale Salad

Prep time: 20 minutes

Servings: 8

- 1 bunch kale, stems removed
- 1/3 cup extra-virgin olive oil, plus 3 tablespoons, divided
- 2 small pears, sliced
- 3/4 cup fresh pecan halves
- 1/2 cup pomegranate seeds
- 1/3 cup apple cider vinegar
- 2 tablespoons course grain mustard
- pinch of kosher salt
- pinch of cracked black pepper

Chop or shred kale into small pieces and transfer to large bowl. Drizzle 3 tablespoons olive oil on kale. Massage kale about 3-5 minutes, or until kale becomes glossy, deep green and begins to tenderize.

Add pear slices, pecan halves and pomegranate seeds; toss with kale.

Add remaining olive oil, apple cider vinegar, mustard, salt and pepper to canning jar and secure lid. Shake for several seconds until dressing comes together. Drizzle over salad and toss to coat.

Serve immediately, or allow salad to marinate in dressing up to 30 minutes before serving.

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Note: Heart-Check certification does not apply to recipes or information unless expressly stated.

Nutritional information per serving: 230 calories; 21 g fat; 2.5 g saturated fat; 75 mg sodium; 11 g carbohydrates; 3 g fiber; 2 g protein.

Source: American Pecan Council

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