

LiveWell

Kale and farro salad with sweet ginger dressing

Yield: 4 servings



Ingredients:

6 cups kale, stems removed, chopped
1/2 Tablespoon olive oil
1/4 teaspoon salt
2 Tablespoons unpacked brown sugar
1/4 teaspoon cinnamon
3 Tablespoons water
1/2 cup unsalted pecans
1 cup cooked farro
1/4 cup pomegranate seeds
1/2 cup diced apple
1/2 cup diced orange bell pepper

Dressing:

3 Tablespoons olive oil
2 Tablespoons red wine vinegar
Juice of half a lemon
2 teaspoons grated fresh ginger
2 garlic cloves, grated
1 Tablespoon maple syrup
1/2 teaspoon pepper

Directions:

1. In a large bowl, combine kale, 1/2 Tablespoon olive oil, and salt. Using your hands, massage or mash the kale until it is softer and lightly coated in oil.
2. In a small saucepan over medium heat, combine brown sugar, cinnamon, water, and pecans. Stir continuously until water evaporates and nuts are coated with dried sugar. Remove nuts from saucepan and spread them out on a plate or other flat surface to cool.
3. Place kale in serving bowl and top with farro, pomegranate seeds, apples, bell pepper, and candied pecans.
4. To make dressing, place 3 Tablespoons olive oil, vinegar, lemon, ginger, garlic, maple syrup, and pepper in a separate small bowl or jar and stir or shake to combine.
5. Toss dressing with salad, or serve on the side with individual portions.

Nutrition information per serving:

Calories: 347
Fat: 23 grams
Saturated fat: 2.5 grams
Cholesterol: 0 mg

Sodium: 316 mg
Carbohydrate: 32 grams
Fiber: 5 grams
Protein: 6 grams

Food exchanges:
2 carbohydrate
2 vegetable
1 fruit, 4 fat