



# WINTER KALE SALAD WITH ORANGES

*This sweet and colorful salad is sure to be the hit at your next holiday potluck!*

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## INGREDIENTS

*Prep Time: 15 minutes*

*Cook Time: 5 minutes*

*Servings: 4*

For the salad:

1/2 cup chopped pecans  
1 tablespoon melted butter  
1/2 cup chopped red onion  
10 ounces kale, stems removed and  
chopped into ribbons  
1/2 cup pomegranate seeds  
2 oranges, peels and pulled into 8  
separate parts  
2 1/2 tablespoons chopped  
fresh parsley

For the Dijon dressing:

3 tablespoons olive oil  
2 tablespoons apple cider vinegar  
1 tablespoon Dijon mustard  
2 teaspoons honey  
1/4 teaspoon salt  
1/8 teaspoon black pepper

## DIRECTIONS

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper or tin foil. In a small bowl, mix melted butter and pecans together to coat. Spread pecans on baking sheet. Bake for 7-10 minutes until toasted. Turn once or twice during baking time.

2. Place chopped onion in a bowl and cover with water. Let sit for 10 minutes. (The water takes some of the bitterness out of the onion but keeps the flavor.) Then, drain and pat with a paper towel till dry.

3. Deseed the pomegranate. \*For a guide on how to de-seed a pomegranate, [click here](#).

4. In a mason jar or small bowl, combine the dressing ingredients: olive oil, apple cider vinegar, honey, salt, pepper, and mustard. If you have a frothing wand, use it to mix the ingredients. You can also seal the mason jar and shake it up.

5. In a large serving bowl, add kale and chopped onion. Drizzle the dressing otop. Using salad tongs, toss the salad to coat in dressing. Allow salad to chill in refrigerator for at least 15 minutes (the kale will tenderize). Remove from refrigerator and add toasted pecans, parsley, pomegranate seeds, and oranges on top of salad. Lightly toss and serve. Enjoy!