

Winter Kale Salad & Honey Lemon Vinaigrette

WITH TEXAS HILL COUNTRY TERRA VERDE EVOO
& WHITE LEMON BALSAMIC



Ingredients

Salad:

- 6 oz kale (about 6 -8 large leaves)
- 2 tbsp Terra Verde EVOO
- 1 ea purple carrot or other heirloom type carrot, peeled
- 3 oz cauliflower, purple or white
- 2 ea radish, sliced
- 2 oz fennel, sliced
- 1 ea blood orange, cut into segments
- 2 tbsp pomegranate seeds
- tt salt and pepper

Vinaigrette:

- ¾ cup White Lemon Balsamic
- 1 cup Terra Verde EVOO
- 1 clove of garlic
- 2 Tbsp honey
- 1 lemon zested and juiced
- 1 small shallot
- 1 tsp salt
- 2 Tbsp dijon mustard



Notes

Directions

1. Remove any thick stems from the kale and slice across leaves into ½ inch ribbons. Place kale in large bowl and season with salt and pepper. Add the Terra Verde Extra Virgin Olive Oil and massage the oil into the leaves. The kale will begin to soften and get a darker shade of green. Allow the kale to soften while preparing the other vegetables.
2. Using a peeler, peel carrots into long thin strips. Cut cauliflower into small florets. The cauliflower can be raw or roasted slightly.
3. Add carrots, cauliflower, radish, and fennel to the bowl with the kale and toss to combine.
4. Arrange on a plate and top with blood orange segments and pomegranate seeds.
5. For dressing, add all dressing ingredients in a blender and blend until smooth. Drizzle dressing on salad.