



Kale and Parsley Salad (March 2011)

Serves 4-5 | Prep time: 15-20 minutes | Cook Time: Less than 5 minutes

2 tbs olive oil
4 tsp balsamic vinegar

1 bunch kale
1 bunch parsley
1/4 cup toasted pecans
1/4 cup dried figs
2 tbs dried cranberries
1/8 cup goat cheese/sheep feta (optional)

After removing the stems, finely chop the kale. In a large bowl, mix together olive oil, balsamic vinegar and kale. Let the mixture sit while preparing the remaining ingredients. This allows the vinegar to soften the kale for easier eating.

In a small frying pan, toast pecans on medium heat until lightly browned. No oil is necessary. Finely chop parsley. Chop figs in quarters.

Add the parsley, pecans, figs and cranberries to the kale mixture and toss. Top with goat or sheep cheese and devour!

I first tried this salad at a holiday party and absolutely love it! We hope you do too!