

# PECAN, PEAR AND POMEGRANATE SALAD

Preparation: **20** minutes | Cooking: **0** minutes | Servings: **2**

## INGREDIENTS

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



## INSTRUCTIONS

Chop or shred kale into very small pieces, and transfer to a large bowl. Drizzle kale with 3 tablespoons of olive oil and, using clean hands, massage kale for about 3 to 5 minutes or until kale becomes a glossy, deep green and begins to tenderize. Add pear slices, pecan halves and pomegranate seeds, and toss with the kale. Add remaining olive oil, apple cider vinegar, mustard, salt and pepper to a mason 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 for up to 30 minutes before serving.