

FALL HARVEST KALE SALAD

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 6

INGREDIENTS

2 heads kale, shredded
2 honey crisp apples,
thinly sliced
1 pomegranate, seeded
3 ounces thinly sliced
prosciutto
½ cup crumbled feta
1/3 cup pumpkin seeds
1 tablespoon olive oil
1 tablespoon
maple syrup
¼ teaspoon ground
cinnamon

Dressing:

1 shallot, thinly sliced
1/3 cup olive oil
2 tablespoons apple
cider vinegar
1 tablespoon fig
preserves
1 tablespoon
thyme leaves
Salt, pepper,
red pepper flakes



INSTRUCTIONS

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Toss together pumpkin seeds, olive oil, maple syrup, cinnamon and a pinch of salt. Arrange on baking sheet in a single layer. Lay prosciutto flat around pumpkin seeds. Bake for 10 to 15 minutes or until seeds are toasted and prosciutto is crisp. In a large bowl, combine kale, apples and pomegranates. For the dressing, heat olive oil in a medium skillet over high heat. Once oil is shimmering, add shallots and cook until translucent, about 2-3 minutes. Remove from heat and let cool slightly. Add apple cider vinegar, fig preserves and thyme. Season with salt, pepper and crushed red pepper flakes. Pour vinaigrette over salad and toss together. Top the salad with toasted pumpkin seeds, prosciutto and feta. Enjoy!