



Raw Kale Salad with Root Vegetables

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Tender, long-leafed Lacinato kale works especially well in this recipe, but any variety will do if it's cut very thin and given a thorough rubdown with salt, vinegar, and oil. The grated root vegetables and maple-glazed pecans add just the right crunchiness.



Ingredient List

Serves 6

Salad

2 12-oz. bunches kale, stems removed, leaves cut into thin strips or chiffonade
2 Tbs. olive oil
1 Tbs. apple cider vinegar
1 1/2 tsp. salt, divided
1 cup whole pecans
1/4 cup pure maple syrup
2 Tbs. canola oil
1/4 tsp. cayenne pepper
1 medium turnip, peeled and grated (1 cup)
1/2 medium rutabaga, peeled and grated (1 cup)
1 medium carrot, grated (1/2 cup)
2 green onions, cut thin on diagonal

Dressing

2 Tbs. lemon juice
1 Tbs. grated lemon zest
1 Tbs. olive oil
1 Tbs. low-sodium soy sauce
2 tsp. agave nectar

Directions

- 1. To make Salad:** Place kale in large bowl, and pour olive oil, vinegar, and 1 tsp. salt over top. Gently massage mixture into kale about 2 to 3 minutes by hand, or until kale starts to wilt. Let rest 30 minutes.
- 2. Preheat oven to 375°F.** Line baking sheet with parchment paper. Toss together pecans, maple syrup, canola oil, remaining 1/2 tsp. salt, and cayenne in medium bowl. Spread nut mixture in single layer on prepared baking sheet; bake 8 to 10 minutes, or until pecans are brown and fragrant, stirring frequently. Cool in pan.
- 3. To make Dressing:** Whisk together lemon juice, lemon zest, oil, soy sauce, and agave nectar in bowl. Season with salt and pepper, if desired.
- 4. Stir turnip, rutabaga, carrot, and green onions into kale mixture. Toss with Dressing. Garnish with pecans.**

Nutritional Information

Per 1 cup serving : Calories: 321, Protein: 5g, Total fat: 24g, Saturated fat: 2g, Carbs: 27g, Cholesterol: mg,

Sodium: 732mg, Fiber: 5g, Sugars: 14g

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