

Kale, Apple and Goat Cheese Salad

For the salad:

½ cup pecans
8 oz. kale
4 to 5 medium radishes
½ cup dried cranberries or cherries
1 medium Granny Smith apple
2 oz. soft goat cheese, chilled

For the dressing:

3 T olive oil
1 ½ T apple-cider vinegar or white wine vinegar
1 T smooth Dijon mustard
1 ½ tsp honey
Sea salt and freshly ground pepper, to taste

Preheat oven to 350 degrees and spread pecans on a baking tray. Toast until lightly golden and fragrant, about 5 to 10 minutes, tossing once or twice to make sure they bake evenly. Remove tray from oven and set aside to cool.

Pull kale leaves from the tough stems and discard stems. Use a chef's knife to chop the kale into small, bite-sized pieces. Transfer kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.

Thinly slice radishes and add to the bowl.

Coarsely chop the pecans add cherries (or cranberries) and add to the bowl. Chop the apple into small, bite-sized pieces and add to the bowl as well. Crumble goat cheese over the top.

In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until salad is evenly coated with dressing.

Serve immediately, or for even flavor, let the salad marinate in the dressing for 10-20 minutes.

Serves 4