

RAW KALE SALAD WITH TURNIPS

The Cooks Next Door

12 oz bunch kale, preferably lacinato/tuscan, stem removed, leaves cut into thin strips of chiffonade

1 Tbsp olive oil

1 tsp apple cider vinegar

1/2 tsp salt, divided

1/2 c. whole pecans

2 Tbsp pure maple syrup

1 Tbsp olive oil

1/8 tsp cayenne pepper

1/2 cup turnip, peeled and grated

1/2 cup carrot, grated

2 green onion, thinly sliced on the diagonal

Dressing

1 Tbsp lemon juice

2 tsp grated lemon zest

2 tsp olive oil

2 tsp low-sodium soy sauce

1 tsp agave nectar

Place kale in a bowl, and pour olive oil, vinegar, and salt over top. Using your hands, gently massage mixture into kale for 2 to 3 minutes. Let rest for 30 minutes.

Preheat oven to 375°F. Line baking sheet with parchment paper. In a bowl, toss together pecans, maple syrup, olive oil, dash of salt, and dash of cayenne. Spread nut mixture in single layer on baking sheet; bake 8 to 10 minutes, or until pecans are brown and fragrant, stirring frequently. Cool in pan.

To make dressing, whisk together all the dressing ingredients and season with salt and pepper, if desired.

Stir turnip, carrot, and green onion into the kale mixture. Toss with dressing and garnish with pecans.