



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

### **Kale & Fruit Salad**

Serves 6-8

#### **Ingredients:**

1 bunch kale - destemmed, sliced thin (chiffonade), massaged  
1 orange - sliced and quartered  
2 apples (fuji, golden or red delicious, honeycrisp, gala) - medium diced  
Walnuts - toasted and chopped

#### **Cilantro-Lime-Champagne Vinaigrette (makes 1.5 cups)**

1/3 c. olive oil  
1 bunch cilantro leaves  
1 lime juiced  
2 cloves garlic, diced  
1/4 tsp salt  
1/4 tsp pepper  
1 1/4 tsp honey  
2 Tbsp champagne vinegar  
water as necessary

#### **Directions:**

Make Dressing  
Add all ingredients except water to blender and blend until smooth  
Add water if necessary to adjust consistency  
Refrigerate to store

#### **Working With Kale:**

Kale is very fibrous, it is important to remove the stem and slice thin about . of inch pieces  
After slicing place in large bowl and drizzle very lightly with dressing  
In handfuls at a time “massage” dressing into kale  
Let kale sit while you prepare other salad ingredients

#### **Make Salad**

Add all ingredients except dressing to bowl with “massaged” kale  
Toss and taste  
Add more dressing to your liking  
Season with salt and pepper