



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)
⅓ c. olive oil
1 bunch cilantro leaves
1 lime juiced
2 cloves garlic, diced
¼ tsp salt
¼ tsp pepper
1¼ tsp honey
2 Tbsp champagne vinegar
water as necessary

Directions for 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 ¼ 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