

KALE SALAD with CANDIED PUMPKIN & SUNFLOWER SEEDS, WALNUTS & GOLDEN RAISINS

Serves 4-6 as a side dish.

Total Time: 25 minutes, Active Time: 25 minutes

Serve with:

- Any Great Harvest bread

FOR THE CANDIED SEEDS AND NUTS:

Ingredients

- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1 cup walnuts
- 1 tablespoon canola or olive oil
- 1/4 teaspoon cayenne
- 1/4 teaspoon allspice
- 1/2 teaspoon black pepper
- 1 teaspoon kosher salt
- 1 tablespoon honey

Method

Preheat oven to 350 degrees.

On a parchment or foil lined sheet tray combine seeds, nuts, oil, and spices, reserving honey. Roast for 10-15 minutes, remove from heat and add honey. Using a rubber spatula, stir to completely coat. Return tray to the oven and continue to roast until honey is evaporated, about five minutes more. Remove from oven and let cool. Break apart with your hands as necessary.

FOR THE DRESSING:

Ingredients

- 1 Tablespoon Dijon Mustard
- 1 clove minced garlic
- 1/3 cup red wine or sherry vinegar
- 2 teaspoons honey
- 1 cup olive oil
- 2 teaspoons chopped fresh thyme
- Kosher salt and black pepper

Method

Whisk together mustard, vinegar, garlic, and honey in small mixing bowl. Slowly drizzle in olive oil while whisking to emulsify. Add thyme and season to taste with salt and pepper. This will make more than you need for the salad. Store in a jar with a tight fitting lid in the refrigerator for up to one week; shake well before using.

FOR THE SALAD AND ASSEMBLY:

Ingredients

- 1 bunch kale, washed and dried; stems removed and cut into 1/2 inch strips
- 1/2 cup golden raisins
- 1 cup seed/nut mixture (see above)
- 1/2 cup vinaigrette (approximate, dress to taste)
- Kosher salt and black pepper to taste

Method

Toss all ingredients together and mix well. Serve either in a large salad bowl, or on individual plates—of course accompanied by grilled Great Harvest bread!



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