

NYBG

HONEY & HARVEST WEEKEND



KALE SALAD WITH CREAMY HONEY DRESSING

Prepared by Tanya Fields

Ingredients

Salad

- 1 bag or bunch of kale, finely chopped
- 1 diced apple
- ½ cup chopped walnuts or sliced almonds
(or sunflower or flax seeds)
- ⅓ cup golden raisins
- 1 whole avocado chopped
- ⅓ cup shredded parmesan cheese (optional)

Dressing

- ½ cup plain Greek yogurt
- 4 tablespoons extra virgin olive oil
- 1 ½ cup lemon juice
- 1–2 cloves of garlic, minced
- 1 tsp raw or organic honey
- ¼ teaspoon sea salt (optional)
- Pepper, to taste

Instructions

Combine kale, maple, walnuts and raisins. Set aside. Combine yogurt, EVOO, lemon juice, garlic, olive oil, honey, salt and pepper in a mixing bowl or food processor. Whisk until well-blended, or blend in your processor.

Pour dressing onto salad and toss until well-combined, top with avocado and cheese. You can serve immediately or allow salad to marinate for at least an hour to “tenderize” the kale. The dressing can also be used as a marinade for proteins. Feel free to dress it up with additional seasonings such as dill and sweet, smoked paprika.

*For a vegan alternative, omit yogurt or replace with kefir or Daiya greek yogurt. I haven't tested this, so substitute at your own risk. The dressing without the yogurt is quite tasty; it just lacks the creamy texture. Swap honey for maple syrup and parmesan cheese for nutritional yeast.

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