



# POWER FUEL KALE SALAD

BY CHEF STEPHANIE TUCCI

This salad packs a punch with its bright dressing, superfood complex and visual colour from the pickled radish — this is sure to be a crowd pleaser. This salad can serve as a meal on its own or as a light appetizer.

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 4 SERVINGS

## Nutrition Facts\*

Calories	362cal
Protein	19g
Total Fat (0g trans fat)	25g
Carbohydrates	29g
Sugar	12g
Sodium	1,233mg

## Nutritionist Approved

Kale is a "nutrition powerhouse!" It's an anti-inflammatory, dark green, leafy vegetable that is high in fibre, iron and antioxidants. Tossed with radicchio and this mixture of superfoods, this salad is a meal that delivers the benefits of the ingredients' amazing health profiles.

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

## INGREDIENTS

### For the Pickled Radish

- 3 watermelon radishes, thinly sliced
- 1 cup apple cider vinegar
- 2 tbsp. maple syrup
- 2 tsp. salt
- ¼ cup warm water
- 1 tsp. grated ginger

### For the Vinaigrette

- Zest of ½ an orange
- 2 tbsp. orange juice
- 1 tbsp. maple syrup
- 2 tsp. grated turmeric
- 3 tbsp. extra virgin olive oil
- 3 tbsp. white wine vinegar
- 1 clove garlic, grated
- ¼ tsp. salt
- ¼ tsp. black pepper

### For the Salad

- 1 head lacinato kale, thinly sliced
- 1 head radicchio, thinly sliced
- ⅓ cup pumpkin seeds, toasted
- ⅓ cup sunflower seeds, toasted
- 3 tbsp. cranberries

## METHOD

- 1 Start with the pickled radish:** Mix the apple cider vinegar, maple syrup, salt, warm water and grated ginger. Pour the mixture over the sliced radish and let sit for a minimum of 15 minutes. This will yield extra, but it can be stored in its pickling juice for up to 2 weeks in the refrigerator sealed in a container.
- 2 In the meantime, for the vinaigrette:** Whisk all the ingredients together except for the extra virgin olive oil, then slowly whisk the oil in to emulsify.
- 3 For the salad:** In a large bowl add all the sliced kale and radicchio, then pour over the vinaigrette. With your hands, really massage the kale and radicchio, then add the toasted pumpkin seeds, toasted sunflower seeds, cranberries and 3 tbsp. of the pickled radish.
- 4 Toss all together and serve.**

