



Winter Kale Salad

Yield: 6 servings

Ingredients

- ½ cup raw cashews
- 2 ½ cups water - divided
- ¾ cup farro
- 2 cups of 1 inch cubes of sweet potato
- 2 cups chopped fennel bulb
- ¼ cup apple cider vinegar
- 2 tablespoons maple syrup
- 1 teaspoon garlic cloves
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 8 cups chopped kale
- ½ cup diced red onion
- 1 orange, peeled and chopped
- 2 tablespoons pepitas

Instructions

1. *In a small saucepan, add cashews and 1 cup water. Bring water to a boil and then turn off the heat and let the cashews soak for 30 minutes.
2. Meanwhile, heat oven to 400 degrees. Line a baking sheet with parchment paper.
3. In a small saucepan, bring 1½ cups of water to a boil over high heat. Stir in the farro, reduce heat to a simmer, cover and cook until farro is tender, about 20 minutes. Drain off any remaining water.
4. Meanwhile, place the sweet potato and fennel on the prepared baking sheet pan. Toss together and bake in the oven until the sweet potato is soft when pricked with a fork. About 25 minutes. Stir halfway through baking.
5. Drain the soaked cashews and place the cashews in a blender. Add apple cider vinegar, maple syrup, garlic, salt and pepper. Puree until smooth.
6. In a large bowl, combine the farro, kale, onion, roasted vegetables, orange, pepitas and toss with the dressing.

*Note: If you are using a high speed blender, you do not need to soak the cashews.

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

Nutrition Information **Serving Size: 2 cups**

Calories: 293 | Total Fat: 7.9 g | Saturated Fat: 1.3 g | Monounsaturated Fat: 3.5 g | Polyunsaturated Fat: 1.9 g
Sodium: 331.4 mg | Total Carbohydrate: 47.6 g | Dietary Fiber: 8.3 g | Sugars: 12.2 g | Protein: 11.9 g

Source: Spectrum Health