

Holiday Recipes

Overnight Kale Salad

Ingredients:

3 Tbsp. Apple Cider Vinegar

2 Tbsp. Minced Shallot

1 Tbsp. Walden Farm Pancake syrup
(honey or agave nectar when on maintenance)

1 Tbsp. Extra Virgin Olive Oil

1 Tsp. Salt

1/8 Tsp. Black Pepper

2 Bunches Kale (dinosaur or curly)

1 cup Julienne Cut Jicama (optional)

When you are on maintenance you may add ¼ cup Pecorino romano & 2 Tbsp pine nuts

Directions:

Whisk together vinegar, shallot, syrup, olive oil and salt & pepper.

Toss kale in dressing, coat evenly, dressing will seem light, but Kale will wilt down to half its volume.

Transfer kale to lidded container & refrigerate overnight.

Plate out four portions, sprinkle with julienned jicama and enjoy.