

Julia's Cookbook

KALE SPINACH APPLE SALAD WITH MAPLE CIDER VINAIGRETTE

1 bunch curly or Lacinato kale, stems removed, chopped very small
6 oz. baby spinach – chopped as well
2 granny smith apples (or whatever you have), cored, diced
1 cup crumbled gorgonzola (optional)
½ cup dried cranberries (or pomegranates)(optional)
1/2 cup candied pecans (recipe to follow)
½ cup toasted pepitas

Vinaigrette

1/3 cup apple cider vinegar
Juice and zest of 1 lemon
1/3 cup maple syrup
1 medium clove garlic, minced
1 small shallot, minced
1 tbsp. Dijon mustard
¾ cup extra virgin olive oil
Salt & pepper

1. In a medium bowl or jar, whisk together the apple cider vinegar, lemon juice, lemon zest garlic shallots, maple syrup and Dijon mustard. Continue whisking while adding the olive oil. Season with salt & pepper. Alternately, you can add all ingredients to a jar with a tight fitting lid and shake vigorously. Taste with a piece of kale and adjust if necessary.

2. In a separate large bowl, add the kale, spinach, apples, cranberries (or pomegranates) and pepitas. Slowly pour some of the dressing onto the salad and toss to coat well. Top with the gorgonzola(optional) and candied pecans (recipe follows below) and serve. Serves 6

Candied Pecans

1/2 cup granulated sugar
1/2 cup brown sugar, packed
1 tbsp. ground cinnamon
1 tsp. salt
1/4 tsp. chipotle or cayenne
4 cups (12 ounces) pecans halves, unsalted
1 large egg white, whisked

1. Preheat oven to 300°F.

2. Add the granulated sugar, brown sugar, cinnamon, salt and chipotle or cayenne to a large bowl or Ziploc bag. Toss or whisk until evenly combined.

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3. In a separate bowl, add pecans and egg whites, and gently toss until combined and the pecans are evenly coated. Add in the sugar mixture, and toss until combined.
4. Spread the mixture out in a single layer on a parchment-lined baking sheet or on a silpat. Bake for about 40 minutes, until the pecans are fragrant and the sugar coating is cooked. (The sugar will harden more once the pecans are out of the oven.)
5. Remove from the oven, and let the baking sheet cool on a cooling rack until the nuts reach room temperature. Transfer them to a sealed container and store until ready to use.