



©THE FOOD FAIRY 2014. ALL RIGHTS RESERVED

Terri's Clementine Kale Salad

Ingredients

1 Kale, Black or curly
3 clementine's, divided
2 -4 TBLSP Olive oil
½ tsp Kosher Salt
2 TBLSP white wine vinegar
1/3 cup pumpkin seeds
2 tsp coconut oil on stove
1-2 green onions, sliced
4-5 oz *Campo de Montalban cheese or Manchego, cubed or shredded
5 oz baby greens or similar
1-2 avocados, sliced or cubed
Salt and Pepper to taste
Optional Pomegranate Seeds

Preparation

De-stem, wash and dry, a bit, one large bunch of kale. Tear or cut the leaves into bite sized pieces into a large bowl. Dice 1 clementine and add it to the kale. Add 1 TBLSP of the vinegar and drizzle a little olive oil over all. Massage until the kale begins to soften and wilt, for a minute or 2.

Melt the coconut oil in a small skillet over medium heat. When hot add the raw pumpkin seeds and toast, stirring occasionally for 3-5 minutes or until they begin to pop and turn slightly golden. Remove to a paper towel to drain and cool. Use the oil on your salad or save for another dish.

Slice the remaining 2 clementines and add to the kale along with the sliced green onions. Add the baby greens and cubed or shredded cheese and remaining vinegar and olive oil and/or coconut oil. Toss well and lovingly, adding salt and pepper to taste. Place in your nicest salad bowl for serving, slice avocados onto the top and sprinkle with the pumpkin seeds and optional pomegranate seeds..



Food Fairy Note: ***Campo de Montalban** is a semi-firm to firm Spanish cheese made from a blend of cows', sheep's and goats' milk in La Mancha.

