

Strawberry Rhubarb Kale

Serves 4

This salad combines some very contrasting flavors – sweet, tart, savory – all in one.

- 1 bunch young kale, stem removed, chopped
- 1 Tbsp red onion, diced
- 1 cup fresh, sliced strawberries
- 1 cup rhubarb, sliced
- 2 Tbsp melted butter
- 1 tsp sugar or honey
- ¼ cup toasted, chopped pecans or walnuts

Dressing:

- 2 Tbsp white balsamic vinegar or apple cider vinegar
- 2 tsp sugar or honey
- 1/8 tsp salt
- 1/3 cup canola oil w/drop of toasted sesame oil

Toss rhubarb with melted butter and sweetener. Place in baking dish. Bake at 350°F for 5 minutes until slightly softened --- not mushy. Blend first four (4) dressing ingredients in food processor. Drizzle in the oil to emulsify. In bowl, mix kale, strawberries, onion and rhubarb. Toss with dressing. Top with toasted nuts.

