

Kale, apple, and pomegranate seeds with spicy maple pecans (4+ servings)

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You will need:

Spicy maple pecans

- 1/2 cup pecan pieces
- 1 Tbsp pure maple syrup
- 2 tsp olive oil
- 1/2 tsp salt
- ground chipotle or cayenne pepper to taste

Vinaigrette (Note: I like my salads lightly dressed, so you might find you need more vinaigrette than I prefer. You can always double the quantities below and then save any remaining dressing for another purpose later.)

- 1 Tbsp balsamic vinegar
- 2 Tbsp extra virgin olive oil
- a dash of onion powder
- salt and pepper to taste

Salad

- 1 12-oz. bunch curly kale, washed, de-stemmed, and chopped
- 1 large firm apple, cored and chopped into bite-sized pieces
- 1/2 cup pomegranate seeds
- 1/3 cup crumbled feta cheese (If you live in the Triangle and can get some of [Prodigal Farms'](#) goat feta, I highly recommend it!)

Steps

1. First, make the pecans so they have a bit of time to cool. Preheat the oven to 350° F. Toss pecans in a small bowl with syrup, oil, salt, and chipotle or cayenne (or hot sauce, even). Spread the pecans on a foil-lined baking sheet and bake for about 12 minutes, stirring once or twice, until the pecans smell good and toasty. Set aside to cool.
2. Use a small jar to shake up the vinaigrette ingredients. Take it easy on the salt since the feta will make the salad salty on its own. Set the vinaigrette aside.
3. Place kale in a large serving bowl. Drizzle the vinaigrette over top and use your hands to massage (yes, kale likes to be pampered) the dressing into the greens briefly. Then add the apple, pomegranate seeds, feta, and pecans and toss gently to combine.