



## the ultimate mason jar salad

Packing lunch isn't always easy when you're on-the-go but this Mason Jar Kale, Pecan & Fennel Salad might be just the answer. Layer your trusty mason jar with iron-rich baby kale, tangy Granny Smith apples, toasted pecans, tart cranberries, sweet dates, herby fennel and our flavorful maple shallot dressing for a portable meal that's always ready when you are.

SERVES: 4



julie albert & lisa gnat



## ingredients

### Maple Shallot Dressing

- 6 tbsp olive oil
- 3 tbsp fresh lemon juice
- 2 tbsp maple syrup
- 2 tsp chopped shallots
- 2 tsp Dijon mustard
- 1 tsp chopped fresh thyme
- ¼ tsp kosher salt

### Kale Salad

- 2 cups thinly sliced fennel bulb
- 1 Granny Smith apple, sliced
- 1/3 cup dried cranberries
- 1/3 cup chopped pitted dates
- ½ cup roughly chopped toasted pecan halves
- 8 cups baby kale, coarsely chopped

## directions

1. For the dressing, in a small bowl, whisk olive oil, lemon juice, maple syrup, shallots, Dijon mustard, thyme and salt.
2. To assemble the salad, distribute dressing evenly between 4 Mason jars. Layer sliced fennel, apples, cranberries, dates, pecans and baby kale in each jar. Cover with top and refrigerate until ready to serve. Shake and eat.

*“It is with great sadness and a heavy heart that I have to announce that I ate kale and liked it.”*

— GREG BEHRENDT

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