

Date and Apple Kale Salad

Serves 4-5

Allow at least 2 hours for pickling!

INGREDIENTS

- 2 cups Medjool dates with pits removed, thinly sliced
- 1 medium carrot, shaved using a peeler, lightly pickled (see instructions below)
- 1 stick celery shaved into thin half moons (use a mandoline* if you have one)
- 8 cups baby kale, washed and dried
- 1 whole Granny Smith green apple, cored and shaved thin at the last minute (use a mandoline if you have one)

Date Vinaigrette

- 4 Medjool dates
- ¼ cup neutral oil (olive oil and canola mix, or grapeseed oil)
- 1 ½ tbsp fresh lemon juice
- ½ tsp Dijon mustard
- 1 tbsp fresh sage
- 1 tbsp parsley
- Salt and pepper to taste
- As needed: date water

Pickling Solution for Carrots and Apple

- 3 cups apple cider vinegar
- 1 cup water
- 1 cup sugar
- 1 pinch kosher salt



DIRECTIONS

For Pickling Solution

Bring ingredients to a boil. Remove from heat and let sit at room temperature for 5-10 min.

Add carrot shavings and lightly pickle them for 1-2 hours.

Reserve any leftover pickling solution to use on the apple when ready to assemble the salad.

For Date Vinaigrette

Soak dates in warm water to soften. Reserve leftover water to be used to thin out the dressing as needed. Combine all ingredients except oil in a blender.

Slowly add oil to emulsify vinaigrette.

Add date water to thin out dressing. (The dressing should coat the back of a spoon.)

To Assemble

Drain carrots and reserve liquid. Toss apples with pickling solution.

In a bowl, add baby kale, carrots, dates, and vinaigrette. (Reserve some of the ingredients on the side to use as a garnish once salad is plated.)

Lightly toss and plate. Garnish. Add lightly pickled apples.

*A mandoline is a chef's tool for very fine slicing. Do your best with what you have!

