

Confetti Kale Salad

<http://userealbutter.com/2016/01/18/confetti-kale-salad-recipe/>

1 bunch (about 8 leaves) kale
4 cups (about 1/2 medium head) red cabbage, shredded
1 cup dried apples, chopped
1 cup dried cranberries
1 cup toasted pepitas/pumpkin seeds
1 cup toasted sunflower seeds
1 cup sliced toasted almonds
1 1/3 cup balsamic vinaigrette

balsamic vinaigrette

2 cloves garlic, minced
1/2 tsp salt
6 tbsps balsamic vinegar
2 tbsps dijon mustard
1 cup olive oil (or less)
freshly ground black pepper to taste

Make the dressing: Place the minced garlic in a small pile on a cutting board. Sprinkle half the salt over the garlic. Angle a chef's knife nearly horizontal to the cutting board and smash the salt into the garlic until it resembles a paste. Combine the balsamic vinegar, mustard, and smashed garlic in a medium bowl. Slowly drizzle the olive oil into the bowl while constantly whisking. Periodically taste the dressing and stop adding oil when it tastes right to you. Add salt and pepper to taste. Set aside.

Assemble the salad: Toss the kale, cabbage, dried apples, dried cranberries, pumpkin seeds, sunflower seeds, almonds, and half the balsamic vinaigrette together in a large bowl. Add more vinaigrette to taste. Serve the remaining dressing on the side. You can add other ingredients as you desire (chick peas, beets, edamame, etc.). Serves 4-6.