



SOUTHWEST KALE SALAD WITH CHILI LIME DRESSING

SERVES 6

Late summer produce including kale, corn and peppers feature in this colourful salad topped with a 'sweet with heat' dressing. Serve as a meal or partner with grilled protein of your choice.

INGREDIENTS

SALAD

- 1 bunch (~15 Stems) Kale, stems removed, shredded
- 1 cup each : Corn, shredded
- Carrot & Roasted Red Peppers
- 1/3 c dried cranberries
- 1/4 c each bacon bits & sunflower seeds

DRESSING

- 1/4 cup lime juice
- 2 Tbsp olive oil
- 1.5 tsp chipotle peppers in adobo sauce, minced
- 1 tsp honey
- 1/2 tsp ground coriander
- 14 tsp salt
- 1/8 tsp cumin
- 1 dash cayenne pepper - optional

DIRECTIONS

Prepare the shredded kale by massaging until the leaves are bright green and tender - you can add a light drizzle of oil (1/2 tsp max) and a few flakes of salt to aid this process if you like. Add to your salad bowl.

Layer corn kernels, shredded carrot, diced roasted red peppers, cranberries and bacon bits and seeds over the salad.

Prepare the dressing by mixing all ingredients and whisking or shaking well to combine. Drizzle over salad & enjoy.

Tips : Feel free to change up the toppings - swap the sunflower seeds for pumpkin or pistachio. If you prefer, try a smoky gouda or halloumi cheese or smoked tofu instead of bacon bits.

Corn on the cob that has been steamed or grilled and cut from the cob works great in this salad but frozen or canned corn can work too. Same goes for the peppers - grill or broil fresh peppers or use a jarred roasted red pepper for convenience.

Freeze remaining chipotle peppers in adobo in ice cube trays for use in chili, salsa, or soups.

NUTRITION FACTS

Per serving: 182 Calories, 5g Pro, 47g Carbs, 9g Fibre, 15g Fat

