

# Tropical Kale salad

By Annie Falk



If you want a delicious salad that will satisfy your taste buds as well as your scale, look no further. This tropical dish incorporates different textures and flavors to create a dynamic fork-full. Don't be afraid to make a large batch. Kale won't wilt under the pressure of salad dressing like some other greens. Enjoy!

## Salad Ingredients

- 1 yellow zucchini
- 1/4 teaspoon chili powder
- 1/4 teaspoon smoked sea salt
- 6 cups curly kale, stems and center ribs removed
- 1 red bell pepper, seeded and sliced into 2-inch strips
- 1/3 cup roasted pumpkin seeds, lightly salted
- 1/4 teaspoon pink Himalayan sea salt
- 1 tablespoon extra-virgin olive oil
- 3/4 cup mango, cubed
- 1/2 cup pomegranate seeds
- 1 teaspoon chia seeds



## Dressing Ingredients

- 3/4 cup extra virgin olive oil
- 1/4 cup white balsamic vinegar
- 1/3 cup freshly squeezed lemon juice
- 1 1/2 tablespoons honey, more to taste
- 1 teaspoon whole-grain mustard
- 1/2 cup roughly chopped fresh mint
- 1/2 cup roughly chopped scallion, white and green parts
- 1/2 teaspoon pink Himalayan sea salt
- 1/2 teaspoon black pepper

## Recipe Instructions

Using a vegetable peeler, cut the zucchini into thin strips about 4 inches long. In a small bowl toss the zucchini strips with chili powder and smoked sea salt and set aside.

Make the dressing by combining the olive oil, white balsamic vinegar, lemon juice, honey, and mustard. In a blender or food processor, puree 1/4 of the wet ingredients with the mint, scallion, salt, and pepper until smooth. Add the remainder of the wet ingredients and process until fully incorporated.

Place the kale in a large bowl and massage the salt, olive oil, and 1 tablespoon of the dressing into the leaves, tearing leaves as you work. This helps "cook" the kale, and ensures every leaf is covered in delicious dressing. Set aside for at least 1 hour.

Toss the bell pepper, pumpkin seeds, mango, and pomegranate with the kale. Add 3/4 of the zucchini and 1/2 cup dressing. Toss and add more dressing to taste. When ready to serve, pile the kale salad onto a plate, top each salad with the remaining zucchini strips and sprinkle with chia seeds. Serve the remaining dressing on the side.

Yields 1 1/2 cup of dressing and four salad servings.

This recipe can be found at [www.anniefalk.com](http://www.anniefalk.com).