



**BRONX**  
EATS

# KALE AND CARAMELIZED PEAR SALAD WITH ROASTED SWEET POTATO DRESSING

Recipe by Chef Donald McGill

Serves: 6 people | Prep Time: 15 min | Cooking Time: 20 min

## **KALE SALAD**

### INGREDIENTS

- 1 bunch fresh kale (picked & washed)
- 2 pears (cored, cut into eighths, and caramelized)
- 1 bunch Broccoli (blanched and roasted)
- 2 Tbsp. Extra Virgin Olive Oil (for roasting/sauteing)
- ½ cup Dried Cranberries
- ¼ cup Toasted Pumpkin Seeds/Pepitas
- Crumbled gorgonzola cheese (optional)

### DIRECTIONS

Combine all ingredients into a bowl and go on to make the dressing (see below).

## **ROASTED SWEET POTATO DRESSING**

### **INGREDIENTS**

- 1 small roasted sweet potato (peeled)
- ½ teaspoon honey or brown sugar
- 1 pinch freshly grated nutmeg (or dried)
- 1 teaspoon freshly grated ginger
- ¼ cup apple cider or apple juice
- ¼ cup white wine vinegar
- 1 Tbsp. lemon juice/orange juice
- ¼ cup extra virgin olive oil
- salt & pepper to taste, fresh chives & parsley (washed & chopped)

### **DIRECTIONS**

1. Combine all ingredients in a blender and blend until smooth consistency.
2. Drizzle over kale salad and serve immediately.

