



Chase the Flavor with Chef Lloyd Foust

Kale and Green Cabbage Salad with a Balsamic Vinaigrette
Serves 4

Ingredients

Salad

- 1/4 head Green Cabbage, sliced thinly
- 4 leaves Kale, pulled off stem, sliced thinly (reserve stems)
- 1 each Apple, medium diced
- 1/2 C Flavored Nuts (i.e. pecans, walnuts, etc.)
- 1/4 C Hard Cheese (i.e. pecorino, parmesan, etc)
- Kale Stem Pesto, to taste (recipe below)
- Salt + Pepper, to taste

Mix all salad ingredients in a bowl and toss

Kale Stem Pesto

Kale Stems Chopped

- 2 each Garlic Cloves, minced
- 1 each Parsley bunch, chopped
- 1/4 C Flavored Nuts (Walnuts, pine nuts, etc)
- Pinch Red Pepper Flakes
- 1 each Lemon, zested and juiced
- EVOO, enough to blend together



Balsamic Vinaigrette

- 1 C Balsamic Vinegar
- 2 Tbs Honey
- 2 Each Garlic Cloves, minced
- 2 1/2 C EVOO
- 1 tsp Dried Oregano
- Kosher Salt+Freshly Cracked Pepper, to taste

Add everything to a mixing bowl, except oil, whisk to combine and slowly drizzle in EVOO

Add vinaigrette to salad and toss. Add enough dressing to desired taste.