

LAMORA FAMILY

FAVORITE RECIPE

Summer Abundance Berry Cherry Kale Salad



Ingredients

- 2 bunches LaMora Farms Kale (or sub/split with romaine)
- 1 cup LaMora Farms sweet cherries, pitted & halved
- 1 cup LaMora Farms blueberries
- 4oz chevre, feta or goat cheese
- 1/4 cup sliced almonds
- Sliced grilled chicken (optional)

For the Blueberry-Balsamic Vinaigrette:

- 1/2 cup LaMora Farms blueberries
- 1/4 cup balsamic vinegar
- 1 Tablespoon honey
- 2 teaspoons Dijon Mustard
- salt and pepper
- 6 Tablespoons extra virgin olive oil

Directions

For the Blueberry-Balsamic Vinaigrette: add all ingredients except extra virgin olive oil to a food processor or blender & pulse to roughly chop blueberries. Slowly stream in oil. Tear kale leaves from stems, cut or tear into bite sized pieces. Add to a large bowl then sprinkle with salt and massage with fingers for two minutes, or until kale is dark green and tender. Divide kale between plates then top with berries, cherries, cheese, almonds, chicken and Blueberry-Balsamic Vinaigrette.