

# Ultimate Winter Salad



“Shredded kale with veggies, candied pecans, and goat cheese.”

Total Time: 20 mins   Yields: 4-6 Servings

## Ingredients

### *Salad*

- 6 oz. shredded kale
- 1/2 small lemon, juiced
- 1 Tbsp. extra-virgin olive oil
- 6 oz. shredded vegetables, such as Brussels sprouts, cabbage, carrots
- 2 medium apples, cored and diced
- 1 1/2 cups candied pecans
- 4 oz. crumbled goat cheese
- 1 1/2 cups roasted butternut squash

- 1/2 cup pomegranate arils

### *Dressing*

- 1/2 cup red wine vinegar
- 4 tsp. whole grain or dijon mustard
- 4 tsp. pure maple syrup
- 1 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 1/2 cup extra-virgin olive oil

## Directions

- Place the shredded kale in a very large salad bowl. Add the lemon juice and oil. Use your hands to massage the lemon juice and oil into the greens, about a minute or so. The greens should wilt slightly and take on a deep green color.
- Add the other shredded vegetables to the bowl as well as the chopped apple.
- Make the dressing by combining all of the dressing ingredients in a mason jar. Shake vigorously for 30 seconds and then pour it over the salad. Toss well to combine.
- Add the pecans, goat cheese, butternut squash, and pomegranate arils on top. Serve.

<https://www.thepioneerwoman.com/food-cooking/recipes/a104726/ultimate-winter-salad/>