

Superseed Kale Salad with Citrus Vinaigrette

This vibrant kale salad celebrates the nourishing power of whole foods without sacrificing flavor. Tender ribbons of kale are tossed in a bright citrus vinaigrette and layered with a variety of seeds that add crunch, richness, and satisfying texture. Every bite offers a balance of freshness and substance, making it a beautiful addition to any late summer table.

INGREDIENTS

THE SALAD

2 large bunches Lacinato (Tuscan) kale, stems removed and leaves thinly sliced

½ cup raw pumpkin seeds (pepitas), unsalted

¼ cup sunflower seeds, unsalted

2 tablespoons ground flaxseed

¼ cup dried tart cherries or currants (optional)

CITRUS VINAIGRETTE

¼ cup fresh orange juice

2 tablespoons fresh lemon juice

1 teaspoon Dijon mustard

1 teaspoon honey or maple syrup

1 small garlic clove, finely grated

⅓ cup extra virgin olive oil

salt, to taste

fresh ground pepper, to taste

SERVES

8

TIME

10 MIN

SPECIAL EQUIPMENT

Mason jar with lid

STORAGE

Store in fridge in an airtight container for 1-2 days

METHOD

1. Whisk together the orange juice, lemon juice, Dijon mustard, honey, garlic, olive oil, salt, and pepper until emulsified.
2. Place the kale in a large bowl. Add a small amount of the vinaigrette and gently massage the leaves for 2–3 minutes until they become darker, tender, and silky.
3. Add the pumpkin and sunflower seeds, flaxmeal, and dried fruit, if using. Toss to combine.
4. Add additional vinaigrette as needed and season to taste.
5. Transfer to a serving platter and finish and a few extra toasted seeds for garnish.