

Beet and Kale Salad

This nutrient-dense recipe was adapted from a recipe entitled, "Luscious Beet Salad with Toasted Pumpkin Seeds", found in Feeding the Whole Family by Cynthia Lair.

Salad:

- 4 large beets
- ¼ cup pumpkin seeds
- 2 tablespoons sesame seeds
- 1 bunch kale (preferably green or red kale), washed, thick stems removed
- 2 medium or 3 small scallions, thinly sliced
- 1 medium carrot, peeled and sliced into 1/8" rounds

Dressing:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- ¾ teaspoon Dijon mustard
- ¼ teaspoon freshly ground pepper
- 1 tablespoon chopped fresh basil
- 1 teaspoon finely diced garlic

Wash beets and bring to a boil in a large pot. Once boiling, reduce heat to a simmer and cook for approximately 45 minutes, until tender. Let cool, then peel beets and cut into ¾ inch chunks.

In the meantime, lightly toast the pumpkin seeds and sesame seeds (preferably separately) by placing them in a dry skillet and cooking over medium heat. Constantly stir the seeds to ensure even cooking. When they begin to pop and give off a nutty aroma, they are ready. Set aside to cool.

Place kale in a large pot of boiling water for 30 seconds. Place in a strainer and cool with cold water, then cut into bite-size pieces.

Place all dressing ingredients in a bowl and mix well with a wire whisk. In a separate bowl place chopped beets, chopped kale, diced green onions, sliced carrots and seeds. Add dressing and toss gently. Serve chilled.

Yields: 6 servings