



Kale Salad With Warm Maple Dressing

25 mL (2 tbsp)	chopped pecans
280 g (10 oz)	curly kale, about 1.25-1.5 L (5-6 cups) prepared
1	English cucumber, cut into 6 mm (1/4 inch) slices
10 mL (2 tsp)	olive oil
1	shallot, minced
50 mL (1/4 cup)	apple-cider vinegar
25 mL (2 tbsp)	pure maple syrup
	salt and freshly ground black pepper to taste
50 mL (1/4 cup)	shredded smoked cheese, such as Gouda or Cheddar

In a small dry skillet, toast pecans over low heat, stirring often, until fragrant, 2 to 3 minutes. Set aside.

Wash kale and spin dry. Tear leaves into bite-sized bits, discarding any heavy ribs, and place in a large salad bowl. Using your hands, massage kale lightly for a few minutes, until you feel it relax a little. Add the sliced cucumber, and toss kale and cucumber together.

In a skillet, heat oil over medium-low heat. Add shallot and cook, stirring, until softened, about 4 minutes. Add vinegar and maple syrup and bring to a boil. Season with salt and pepper.

Immediately pour dressing over salad. Toss well and sprinkle with cheese and pecans. Serve.

4 servings