

Autumn Kale Salad

Ingredients

- 2 bunches of dinosaur kale
- 1 cup toasted slivered almonds
- ¾ cup dried cranberries
- 4 oz gorgonzola or blue cheese crumbles
- 6 golden beets, diced
- 1 apple, diced (I used a gala apple)
- ½ lemon, juiced into a bowl
- 1 can chickpeas (optional)
- 2 cups shredded chicken (optional)
- ½ lb grilled shrimp (optional)

Dressing

- ½ cup mayonnaise
- ½ cup buttermilk
- 2 tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 tbsp fresh thyme
- 2 garlic cloves, finely grated
- 1 shallot, minced

Instructions

Step 1: Preheat the oven to 400° F. Wrap the beets in aluminum foil roast them for one hour or until a knife can easily be inserted into a beet. Unwrap the beets and let them cool.

Step 2: Toast the almonds until they are fragrant and slightly brown in color.

Step 3: Take the ribs off of the kale and place them in a bowl. Stack the leaves and roll them lengthwise and cut the rolls into strips about ¼ inch thick. Place the kale back into the bowl. Fill the bowl with water and rinse the kale. Empty the bowl and dry the kale with paper towel. If you have a salad spinner, place the kale in the salad spinner and fill it with water. Rinse the kale and then spin the kale dry.

Step 4: Add the cheese, almonds, and dried cranberries to the kale.

Step 5: Dice the apples and add them to the kale.

Step 6: Remove the skins of the beets, dice them, and add them to the kale.

Step 7: Squeeze the lemon over the ingredients in the bowl. This will prevent the apples from turning brown. Toss the ingredients to incorporate.

Step 8: Combine the mayonnaise, buttermilk, mustard, and vinegar in a large mason jar or medium bowl.

Step 9: Run a knife through the thyme leaves to roughly chop them and add them to the mixture. Grate the garlic into the jar, mince the shallot, and add it to the mixture.

Step 10: Shake the jar or mix the ingredients together in the bowl. Add the desired amount of dressing to the salad.