

## Marinated Cranberry Kale Salad

**Prep Time:** 20 minutes, plus 30 minutes marinate time

**Cook Time:** 5 minutes

**Total Time:** 25 minutes

**Servings:** 4+

**Serving Size:** About 2 cups salad

### Ingredients:

4 oz fresh cranberries	1/4 cup dried cranberries/craisins
1/3 cup water	1 cup walnuts, coarsely chopped
2 tablespoons maple syrup	1/4 cup thinly sliced red onion
2 tablespoons apple cider vinegar	
1 teaspoon Dijon mustard	<b>Optional:</b>
1/2 teaspoon lemon juice	Soft goat cheese or feta crumbles
1/2 teaspoon salt	
1/8 teaspoon freshly ground black pepper	
1/4-1/2 cup walnut oil or extra virgin olive oil	
8 oz fresh kale (Tuscan/Lacinato works best in this recipe)	

### Directions:

1. Place fresh cranberries, water, and maple syrup in a small saucepan over medium heat. Let it come to a gentle boil and simmer for about 5 minutes from when the first cranberry pops and until most all the cranberries pop open.
2. Place hot cranberry mixture into a blender or food processor and puree until smooth. Add the vinegar, mustard, lemon juice, salt and pepper and blend. Add ¼ cup walnut oil and blend again. Add more oil, 1 tablespoon at a time as needed to get to desired consistency, dressing should pour easily but will still be thick.
3. Remove the stems/stalks from the kale and slice the leaves into small bite sized pieces. Add 1/3 of the cranberry dressing to the kale and use a large spatula to spread and “massage” the dressing into the kale leaves as best you can. Reserve remaining dressing until ready to serve. Cover and refrigerate the salad for at least half an hour.\*
4. Add the walnuts and red onions, toss well and place in fridge to marinate for at least 30 minutes or as long as possible.
5. Pull the kale salad out of fridge and give it a good stir, then add dried cranberries and cheese (if using) and toss to mix well.
6. Serve with a light drizzle of additional dressing or serve additional dressing on the side if desired.

### Tips and Tricks:

This salad is an awesome and beautiful side dish for weeknight dinners and holiday celebrations alike. You can make this into an entrée salad by adding some roasted chickpeas or even some diced roasted sweet potatoes. Eat this alone or toss the contents into a sprouted grain wrap.

\*The longer you marinate this salad the better, overnight is perfect!

### Nutritional Information Per Serving:

**Calories:** 325.5  
**Fat:** 27.0 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 277.7 mg  
**Total Carbohydrate:** 21.5 g  
**Dietary Fiber:** 4.1 g  
**Sugars:** 10.8 g  
**Protein:** 5.3 g