

Napa Kale Salad with Avocado Sesame Dressing

1 pint grape tomatoes
2 T extra virgin olive oil
1/4 tsp sea salt
1/2 cup pine nuts
3 cups shredded Napa cabbage
3 cup finely chopped kale, stems removed

For the Dressing:

2 cloves garlic, peeled
1 ripe avocado, seeded and peeled
1 freshly squeezed lime
1/2 cup plain Greek yogurt
1 T toasted sesame oil
1/4 tsp cayenne pepper
1/2 tsp sea salt
1/2 cup cilantro leaves

Preheat oven to 400 degrees. Use baking pan with parchment paper and drizzle tomatoes with olive oil and season with sea salt. Roast in oven for 20 minutes. Remove from oven and let cool.

Mince peeled garlic in food processor before blending in avocado, lime juice, Greek yogurt, toasted sesame oil, cayenne pepper and sea salt and process until smooth and creamy.

In dry skillet, toast raw pine nuts for 3-4 minutes on medium heat until fragrant and light toasted.

Toss Napa cabbage and kale in large bowl. Pour avocado dressing on greens and toss again. Add toasted pine nuts and oven roasted tomatoes to serve.

Tip: Add pulled rotisserie chicken to increase protein.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN