

# Lemony Sweet Kale Superfood Salad

## Salad Ingredients:

**4-5 cups kale, loosely chopped or torn**  
**1 bunch broccolini, chopped (optional)**  
**1/2 cup dried cherries or cranberries**  
**Roasted nuts, to taste (such as walnuts or pecans)**  
**Maple vinaigrette (recipe below)**  
**Apples (optional)**

## Maple Vinaigrette Ingredients:

**1/4 cup extra virgin olive oil**  
**1/4 cup pure maple syrup**  
**2 T apple cider vinegar**  
**2 T freshly squeezed lemon juice**  
**1 tsp finely grated lemon zest (optional)**  
**1/2 tsp kosher salt**  
**1/4 tsp black pepper**

Whisk together olive oil, maple syrup, apple cider vinegar, lemon juice and lemon zest. Season dressing with salt and pepper; whisk until the dressing is well blended. Combine the kale, broccolini, dried cherries, and nuts in a large bowl. Drizzle vinaigrette over the salad and toss well, ideally about 15 minutes before serving so the kale softens in the vinaigrette. Add the apples if using and serve.

Note: Vinaigrette can be prepared ahead of time and refrigerated in an airtight container. The dressed salad will also last for several days.

*Recipe by Garden Chef Terri Carter, created for her Food History of The South presentation*



ATLANTA BOTANICAL GARDEN