

Fall Salad with Spiced Pepitas dressed in a Grapefruit Vinaigrette

Salad:

carrots, cut into match sticks or thinly sliced vertically with a mandolin slicer
kale, chopped
1 tsp brown sugar
1/4 tsp cayenne
1/4 tsp cinnamon
extra virgin olive oil
1/2 cup pepitas
parmesan, shaved

Dressing:

1/2 cup EVOO or any other oil of your choosing
1 Grapefruit, sliced in quarters
1 T brown sugar
1 tsp apple cider vinegar
1 sprig fresh rosemary, finely chopped
salt & pepper, to taste

After chopping kale into bite-sized pieces, sprinkle salt on top and gently massage pieces. This will break down the fibers so the kale is less chewy to bite. After massage, allow to sit for 3-5 minutes and drain excess water. Set aside for now. Toss pepitas with EVOO (enough to cover), salt, brown sugar, cayenne, and cinnamon. Evenly spread pepitas on a sheet pan, and throw in a 400 F oven, toaster, or air fryer and toast for only 3-4 minutes or until pepitas turn a slight golden brown. Allow to cool down for a couple of minutes, then toss salad ingredients together.



ATLANTA BOTANICAL GARDEN

For the dressing, squeeze juice out of grapefruit and discard skin. Toss the rest of the ingredients with the juice, except for EVOO. You want to slowly drizzle olive oil into the grapefruit mix while vigorously whisking ingredients together. Salt to taste, the dress this with the salad!

Recipe by Garden Chef Ilene Rouamvongsor



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