



Baby Kale and persiMon® Salad

The refreshing sweetness of persiMon® provides the perfect balance to the slightly bitter taste of baby kale. This fresh, flavourful salad is full of vital nutrients and makes for a beautiful starter.

Makes 4 servings

INGREDIENTS:

- 2 persiMon®, sliced crosswise
- 5 cups (1.25 L) baby kale
- ½ cup (125 ml) grated Spanish red wine goat cheese, like Drunken Goat
- ⅓ cup (75 ml) toasted chopped walnuts
- ¼ cup (60 ml) thinly sliced red onion

LEMON VINAIGRETTE

- ⅓ cup (75 ml) lemon juice
- 3 tbsp (45 ml) olive oil
- 2 tbsp (30 ml) finely chopped chives
- 1 tbsp (15 ml) Dijon
- ¼ tsp (1 ml) each salt and pepper



PREPARATION

- For vinaigrette, whisk together lemon juice, oil, chives, Dijon and salt and pepper.
- Place walnuts in frying pan over medium heat for 5 to 7 minutes, until golden brown and fragrant.
- Arrange 5-6 slices of Persimmon® in a circle on 4 plates. In a large bowl, toss together kale, goat cheese, walnuts and red onion with half of vinaigrette. Place quarter of salad in centre of each plate. Drizzle remaining dressing on persimmon slices and serve.

PER SERVING:

306 calories, 22 g fat, 5 g saturated fat, 13 mg cholesterol, 401 mg sodium, 24 g carbohydrates, 5 g fibre, 12 g sugars, 6 g protein.
% RDI: 20% calcium, 8% iron, 4% vitamin A, 100% vitamin C.

Source: www.persiMoncanada.com

