

RECIPE

Kale Salad with Asian Vinaigrette

4 servings

Ingredients

For the Vinaigrette:

- 2 tablespoons rice vinegar
- 1 1/2 teaspoons orange juice
- 1 1/2 teaspoons brown sugar
- 1 teaspoon toasted sesame oil
- 1 teaspoon McCormick® perfect pinch® Salt-free Garlic & Herb
- 1/4 teaspoon kosher salt

For the Salad:

- 6 cups chopped kale or baby kale
- 1/4 cup diced red bell pepper, 1/4 inch
- 1/2 cup mandarin orange segments, drained
- 2 tablespoons sliced almonds
- 1 tablespoon sliced green onion

Directions

- 1. For the Vinaigrette:** mix vinegar, juice, sugar, sesame oil, McCormick® Perfect Pinch® Salt-free Garlic & Herb and salt in small bowl with wire whisk until well blended. Set aside.
- 2. For the Salad:** Remove and discard stems and center ribs from kale. Coarsely chop kale. Rinse kale with cold water. Drain well (if using baby kale no need to remove stem or chop, just rinse and drain).
- 3.** Toss kale with the vinaigrette in a large bowl. Using your hands gently rub the kale together to soften the leaves and allow the leaves to absorb the vinaigrette.
- 4.** Add the bell peppers, mandarin oranges, almonds and green onions. Let stand at room temperature 30 minutes to allow flavors to blend. Divide among salad plates.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
90	5	4	13	5	3	160