

Kale Salad with Pear, Gorgonzola & Roasted Walnuts

This is a recipe made from a mix of my favorite flavors and textures combined into an easy salad! Some of the ingredients are found at Trader Joe's and all the ingredients are nutritious that make a delicious lunch, dinner salad or side salad.

INGREDIENTS



1 package
Trader Joe's
organic kale



1 cup
Gorgonzola,
crumbled



1 T
raw honey



1 D'anjou pear,
it should not be
soft, sliced



1 T
apple cider
vinegar



1 T
Liquid Aminos



1 1/2 cups
raw walnuts

PREPARATION

1. Put walnuts in a pan (preferably iron skillet) heat on medium-high heat and roast on stove top until aromatic and browned in areas. This requires frequent stirring.
2. While the walnuts are roasting, place kale in a bowl large enough to fit all the ingredients.
3. Cut the pear in half and remove core. Slice the pear thin. Place in bowl with kale.
4. Add crumbled Gorgonzola to the kale.
5. When the walnuts are slightly cooled, add them to the kale.
6. Add the remaining ingredients to the kale.
7. Toss all the ingredients lightly until combined. Adjust flavors if desired.

PREPARATION TIME

Time to roast the walnuts will take about 15 minutes. The rest of the preparation is by way of the food processor and mixing bowl all of which should take about 1/2 hour.

NUTRITIONAL INFORMATION:

Kale is a great source of Vitamins A, C and K all of which are great for your bones and muscles. Also a good source of Manganese and Folate. The walnuts will give you Omega-3 and vitamin Bs and that makes this salad a good nutrient-rich fuel source. To learn more about the nutritional value of these ingredients go to: <http://nutritiondata.self.com>