

## Grilled Kale Salad



Hearty grilled kale tossed with forkfuls of tender chicken, diced onion and crunchy julienned carrot. Savory candied bacon crisps balance the biting flavor of radish, earthy candy-striped beets, and sweetly tart pomegranate seeds.

Yield	1-1/2 cups
Serves	1
Preparation time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	oz	1-1/2 cups		Kale, plain	stems removed, grilled
1	oz	2 tbsp		Onion	julienne, caramelized
1	oz			Chicken	sliced
1/2	oz			Ancho Pepper Candied Bacon - prepared	(see separate recipe)
1/4	oz	1 tbsp		Carrot	julienne
0.2	oz	1 tbsp		Radishes	sliced
0.2	oz			Beet	Candy striped, sliced
1/4	oz	1 tbsp		Pomegranate	seeds

### Preparation Steps

1. Add kale, onions, chicken, Ancho Pepper Candied Bacon, carrots, radishes, beets and pomegranate seeds (or guest's choice of vegetables, grains, and garnishes) to a bowl.
2. Toss with Molasses Mustard Vinaigrette (or guest's choice of dressing).

### Chef's tip

Add quinoa, also from the Chenopodiaceae family, for a complementary protein.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	175.2
Energy (KJ)	733.2
Protein (g)	9.1
Carbohydrate, total (g)	13.2
Fats, total (g)	10.2
Sugars, total (g)	6.3
Fats, saturated (g)	3.8
Fiber, total dietary (g)	2
Sodium (mg)	162.6
Calcium (mg)	93.3
Cholesterol (mg)	29.4
Iron (mg)	19.8
Vitamin A (µg_RAE)	510.4
Vitamin C (mg)	72.3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.