

# Cherches Garden Kale Salad with Miso Carrot Ginger Dressing

## Ingredients to serve 4:

- ⇒ 16 c kale leaves, stemmed
- ⇒ 2 c baby kale or mixed greens
- ⇒ 1 diced red pepper, small dice
- ⇒ 2 c brussel sprouts, sliced in half
- ⇒ 1 avocado, sliced
- ⇒ 1 Tbsp toasted sesame seeds
- ⇒ 1 Tbsp sesame oil
- ⇒ kosher salt and pepper



## Meyer Lemon Dressing

- ⇒ ½ c white miso
- ⇒ 6 Tbsp grapeseed oil
- ⇒ ¼ c (packed) finely grated peeled carrot
- ⇒ 2 -3 Tbsp finely grated peeled ginger
- ⇒ 2 Tbsp unseasoned rice vinegar
- ⇒ 2 tsp spicy dijon mustard
- ⇒ 1 Tbsp toasted sesame seeds
- ⇒ 2 tsp toasted sesame oil
- ⇒ 1-2 Tbsp honey (adjust to taste and desired sweetness)
- ⇒ freshly cracked pepper

## Directions:

Heat oven to 375°.

Arrange the brussel sprouts on a rimmed baking sheet. Toss with sesame oil and season with salt and pepper and roast in oven for about 20 minutes until bright green and just beginning to char. Remove from oven, toss with sesame seeds and set aside while you prepare the salad and dressing.

In a large mixing cup, place all the ingredients for the dressing together and whisk to combine. Add about ¼-½ cup of water to thin dressing to desired consistency.

Arrange greens in a large bowl. Fan avocado slices if desired on top of greens, add roasted brussel sprouts and toss the red diced pepper on top along with toasted sesame seeds. Pour desired amount of dressing on top and toss to combine (extra dressing can be stored in an airtight container in fridge for a week).