



Super Summer Kale Salad

Jacob · 30/09/2024



Prep Time

4 hrs 20 mins

Difficult

Medium

Servings

8

Description

This kale salad was recreated from a deli salad that I love. It combines kale, edamame, red onion, shredded carrot, fresh blueberries, dried cranberries, nuts, and seeds with a tangy dressing. This recipe makes a huge bowl enough to serve a crowd.

Ingredients

- - $\frac{3}{4}$ cup white sugar - $\frac{1}{2}$ cup vinegar - $\frac{1}{2}$ teaspoon salt - $\frac{1}{2}$ teaspoon ground black pepper - $\frac{1}{4}$ cup extra-virgin olive oil - 1 bunch kale
- stems removed and leaves chopped - $\frac{1}{2}$ (16 ounce) package frozen shelled edamame (soybeans)
- thawed - $\frac{1}{4}$ red onion
- sliced thin - 1 cup shredded carrot - ? cup fresh blueberries - $\frac{1}{2}$ cup sweetened dried cranberries - $\frac{1}{2}$ cup cashew pieces - $\frac{1}{2}$ cup shelled
- roasted sunflower seeds

Instructions

1. To make the dressing: Whisk sugar
2. vinegar
3. salt
4. pepper
5. and olive oil together in a bowl until well combined and sugar is dissolved. Set dressing aside. Toss kale
6. edamame
7. red onion
8. carrot
9. blueberries
10. dried cranberries
11. cashew pieces
12. and sunflower seeds together in a bowl. Pour about half the dressing over the mixture and toss to coat.
Cover bowl with plastic wrap and refrigerate 4 to 6 hours. Serve remaining dressing on side. Cook's Note
Add less sugar depending on how sweet your blueberries are
13. or if you prefer a tangier dressing. This salad travels well to a potluck.