

Kale Salad with Bell Peppers, Cranberries, Edamame, & Farro with Orange Vinaigrette

Serves 3 as a light lunch; 6 as a side dish for a larger meal

This recipe has undergone many adaptations and I hope it will undergo many more. Whatever changes you make, be sure to keep the color. It's what truly makes it shine.

For the orange vinaigrette:

Juice from 1 ½ medium oranges (about ½ cup)

1 teaspoon champagne vinegar (white wine or rice vinegar can be substituted)

½ teaspoon granulated sugar

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 tablespoon extra virgin olive oil

For the salad:

3 cups chopped lacinato kale (remove large stems prior to chopping)

½ cup dried farro, cooked according to package directions and drained

1 ¼ cups chopped bell peppers (for color, I used red, orange, & yellow peppers)

1/3 cup ready-to-eat edamame soybeans

¼ cup dried cranberries

2 tablespoons pepitas (pumpkin seeds)

In a medium bowl, whisk together the fresh squeezed orange juice, champagne vinegar, sugar, salt and freshly ground black pepper until the sugar dissolves. Whisk in the extra virgin olive oil.

Add ¼ cup of the dressing to a large bowl. Add the kale, cooked farro, and bell peppers and toss to coat. Add the edamame and cranberries and toss to combine. Add more dressing if needed. Transfer to a serving platter or keep the salad in the bowl.

Heat the pumpkin seeds in a medium skillet over medium heat. Toss occasionally and toast until golden brown. As they toast, the pumpkins seeds will swell and make a popping sound. This is a good thing; don't be alarmed.

Scatter the toasted pumpkin seeds over the salad and serve immediately with any leftover dressing on the side.

This recipe came from *Minced* at www.mincedblog.com.