






More than Food

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Charred Kale and Plum Salad

with Wild Rice, Ricotta, and Honeyed Walnuts

Who knew you could broil kale? A few minutes under the flame and this leafy green becomes deliciously nutty and charred. Served atop a bed of creamy fresh ricotta and hearty wild rice, this is a beautifully composed salad. The best part? Those tangy-sweet marinated plums!



45 min



level 2



veggie



gluten free



Kale



Plums



Ricotta



Shallot



Walnuts



Wild Rice



Vegetable Stock Concentrate



Honey



Balsamic Vinegar

Ingredients

	2 People	4 People
Kale	12 oz	24 oz
Plums	2	4
Ricotta	1) 8 oz	16 oz
Shallot	1	2
Walnuts	2) ¼ C	½ C
Wild Rice	½ C	1 C
Vegetable Stock Concentrate	1	2
Honey	1 T	2 T
Balsamic Vinegar	2 T	4 T
Olive Oil*	2 T	4 T

*Not Included

Allergens

- 1) Dairy
- 2) Tree Nuts

Tools

Small Pot,
Baking Sheet, Medium
Bowl, Small Pan, Whisk

Ruler

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Nutrition per person Calories: 735 cal | Carbs: 92 g | Fat: 34 g | Protein: 28 g | Fiber: 13 g | Sodium: 407 mg

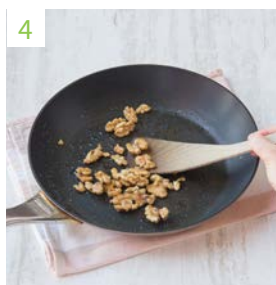


1 Preheat the broiler to high or the oven to 500 degrees. In a small pot, bring **1½ cups water** and the **stock concentrate** to a boil. Once boiling, add the **wild rice**, cover, and reduce to a simmer for 35-40 minutes, until tender.

2 Meanwhile, trim and discard the **kale** stems. Halve, pit, and thinly slice the **plums** into ½-inch wedges. Halve, peel, and mince the **shallot**.



3 **Make the vinaigrette:** in a medium bowl, whisk together the **shallot**, **1 Tablespoon balsamic vinegar**, **1 teaspoon honey**, and **1½ Tablespoons olive oil**. Season with **salt** and **pepper**. Toss the **plums** in the **vinaigrette** and set aside.



4 **Candy the walnuts:** heat a small pan over medium heat. Add the **walnuts** and cook, tossing 1-2 minutes, until fragrant. Add the **remaining honey** and **1 teaspoon water** to the pan and stir to combine thoroughly. Cook, tossing, 1-2 more minutes, until a tacky glaze forms on the walnuts. Set aside and season with **salt** and **pepper**.



5 Drizzle the **kale** with ½ **Tablespoon olive oil** and season with **salt** and **pepper** on both sides. Set on a baking sheet and place under the broiler for 2-3 minutes, turning once, until charred on the edges. Keep an eye on the kale so it doesn't burn!

6 Dollop ⅓ **cup ricotta** on each plate and spread into a large circle. Season with **salt** and **pepper**. Top the ricotta with the **wild rice**, **charred kale**, **plums**, and **walnuts**. Drizzle with the **vinaigrette** and enjoy!