



# KALE, PEAR AND POMEGRANATE SALAD WITH HAZELNUTS



**METHOD**  
NO COOK



**TIME**  
45 MIN



**SERVES**  
4 SERVINGS

## INGREDIENTS

### *Dressing Ingredients:*

*¼ c tahini  
2 T apple cider vinegar  
2 tsp miso  
2 tsp maple syrup  
Water, as needed to thin dressing  
Salt and pepper to taste*

### *Salad Ingredients:*

*1 bunch of kale, torn into bite-sized pieces  
½ c hazelnuts, chopped and toasted  
½ c pomegranates  
1 pear, cored and cut into thin slices*

## DIRECTIONS

*Add dressing ingredients to a bowl. Whisk to combine.*

*Massage half of the dressing into kale leaves using your hands.*

*Lightly toast hazelnuts. Top kale with hazelnuts, pomegranates and pear.*

*Drizzle more dressing to desired level.*

**TOP WITH YOUR FAVORITE PROTEIN - WILD CAUGHT SALMON, ORGANIC CHICKEN OR GARBANZO BEANS!**