

Chopped Kale Salad with Cranberries for the Holidays

Chopped Kale Salad with Cranberries is tossed in a delightful maple and orange vinaigrette and then topped with toasted pecans, pumpkin seeds, onions and vegan feta cheese.

Prep Time 15 minutes

Cook Time 5 minutes

Total Time 20 minutes

Servings 6 servings

Calories 208 kcal



Ingredients:

1 bunch kale finely chopped
½ cup toasted pecans coarsely chopped
2 Tbsp. pumpkin seeds
¼ cup cranberries dried
¼ cup sweet onion finely chopped
2 oz. vegan feta cheese (optional)

Maple Orange Vinaigrette:

1 Tbsp. orange juice fresh
1 Tbsp. orange zest
1 Tbsp. maple syrup pure
¼ cup olive oil
⅛ tsp. salt to taste
1 Tbsp. apple cider vinegar

Instructions:

Preheat oven to 400 degrees.

Place coarsely chopped pecans on a parchment paper lined baking sheet and roast in oven for 4-5 minutes, or until fragrant.*

In a small food processor or high-speed blender combine all maple orange vinaigrette ingredients. Process for 1-2 minutes, or until completely smooth.**

Before serving, combine the kale and maple-orange vinaigrette. Toss to completely coat the kale with the salad dressing and let sit for 10-20 minutes to soften the kale.

Just before serving top with toasted pecans, pumpkin seeds, cranberries, onions, and vegan feta cheese (optional) in a large serving bowl and toss to combine.

Recipe Notes:

*Be sure to use a light-colored baking sheet to ensure the nuts do not burn.

**Use a small blender or food processor for the best emulsification. Larger appliances will take longer to make a creamy vinaigrette.

***You can store leftover tossed kale salad for up to 24 hours, although the kale will begin to wilt slightly. It is best to keep the vinaigrette and kale separate if you would like to enjoy the salad for a few days.

Fake Feta

1 16 oz pkg tofu, firm or extra-firm, drained and crumbled
¼ cup fresh lemon juice
¼ cup water
2 Tbsp. olive oil
1 tsp. dried basil
2 tsp. salt
1 tsp onion powder
½ tsp garlic powder

1. Drain water off tofu. You want the tofu to be as dry as possible when making Fake Feta.
2. Whisk remaining ingredients together in a medium bowl.
3. Add tofu to bowl; stir and refrigerate at least an hour, but overnight is best.

Tip: To make the feta a little firmer, crumble the tofu, spread it on a plate, and microwave it on high until it starts to make a popping sound. This removes a lot of the water, resulting in firmer tofu. The lemon juice helps it to firm up a little more as well.

Give Them Something Better – Healthy Plant-Based Meals the Whole Family Will Love by Sarah Frain and Stephanie Howard