Greens with Warm Cranberry Vinaigrette

When using a warm vinaigrette, you want to use greens that can withstand the heat and not wilt. This particular recipe calls for kale but feel free to substitute other hearty greens of your choosing. The great thing about this recipe is that you can make it ahead of time for a party and the greens won’t lose their quality. In fact, they soften up a bit which makes this warm kale salad a hit.

Directions:

Heat 2 Tbsp. oil in a large sauté pan over medium–high heat. Add shallot (1, sliced) and sauté for at least 5 minutes or until tender. Add garlic (3 cloves, minced) and sauté for 1 minute. Then add 1 cup dried cranberries, 2 Tbs red wine vinegar, 2 tsp honey and lemon juice/zest (of 1/2 lemon), and stir to combine. Season with salt and pepper.

In a large bowl, toss 1 bunch kale (thinly sliced) with 1 Tbs olive oil and an extra pinch of salt, and massage kale with your fingers for 1 minute until tender. Add in the cranberry/shallot mixture and toss to combine. Serve topped with crumbled cheese, nuts and seeds if desired.

Homemade Vinaigrette

Making your own vinaigrette is an easy way to add life to your summer salads. They can be sweet, savory, spicy and even warm or cold. For salad ingredients with a stronger flavor such as spicy greens, bacon, and eggs choose a vinaigrette that can stand up to those bold notes with an equally savory flavor (#1). For mild salad ingredients such as sweet lettuces and fruits choose a vinaigrette that will complement them and not overpower (#2). Below are three examples to get you started!

1. 4 Tbs extra virgin olive oil + 1 Tbs Dijon mustard + 2 Tbs red wine vinegar + 1/2 lemon, juiced + 2 Tbs chives, minced + 2 Tbs shallots, minced — (SAVORY)

2. 1/2 cup extra virgin olive oil + 1/2 lemon, juiced + 2 Tbs honey + 1/4 cup fresh herbs, minced (ex: basil, parsley, oregano, chives) + salt and pepper to taste — (SWEET)

3. 1 garlic clove, minced + 1 Tbs ginger, grated + 3 Tbs rice wine vinegar + 3 Tbs sesame oil + 3 Tbs low-sodium soy sauce + 1 Tbs scallion, chopped + 1 Tbs honey or orange juice — (ASIAN-INSPIRED)