

Kale and Radicchio Salad with Pear-Thyme Vinaigrette

Ingredients

PEAR-THYME VINAIGRETTE:

1 Asian pear, seeded and diced
1/4 cup vinegar (brown rice or unfiltered apple cider vinegar)
1/4 cup water
1 shallot, peeled and minced
2+ cloves garlic, peeled and minced
2 teaspoons dijon or whole grain horseradish mustard
3/4 cup extra virgin olive oil
2 teaspoons fresh thyme leaves
sea salt to taste
freshly cracked black pepper

FOR THE SALAD:

1/2 bunch lacinato kale , rinsed, spun dry and torn into small pieces
1/2 small head radicchio, rinsed, spun dry and torn into small pieces
1/2 head crisp variety of lettuce, rinsed, spun dry and torn into small pieces
1 Asian pear, cored and diced
1/4 cup toasted sunflower seeds (optional)

Method

1. To make the vinaigrette, combine pear and vinegar in a blender or food processor and blend until well combined.
2. Add shallot, garlic and mustard. Blend briefly until well combined.
3. With the machine running, slowly add olive oil and process until smooth.
4. Add thyme and season to taste with salt and pepper. Process again briefly to mix. You will see flecks of green.
5. Toast sunflower seeds in heavy skillet at low temperature for few minutes until start to brown or in a preheated 250 degree toaster oven for 5-6 minutes, watching and smelling for the

aroma of the seeds starting to brown. Remove from pan immediately and let cool slightly.

6. To assemble the salad, place greens in a large bowl. Add diced pear and toss well. Sprinkle sunflower seeds on top. Add vinaigrette to each serving as any leftover salad with vinaigrette would not last well.

Notes



I love the flavor and aroma of fresh thyme leaves. If you enjoy it like I do, experiment with using an even larger amount in the vinaigrette or toss some tiny whole leaves with the salad. Any variety you have in your garden or find in the store will be delicious.

Health note: This is a salad for the fall, the season of the “tender organ” in Traditional Chinese Medicine, our lungs. So named because lungs have a direct opening to the air through our nose and are vulnerable to environmental influences of temperature, air quality and airborne pathogens. Lets honor thyme for its ability to fight lung microbes, protect cells from oxidative damage, clear lung congestion and relax muscles in the airways.

Crisp apple would make a great substitution in both the vinaigrette and the salad for the pear.

Spinach or other fall greens may be added to the salad or replace the kale. I’m fond of the red-purple and gentle bitterness of radicchio paired with a sweeter dark leafy green.

Toasted nuts (walnuts, filberts/hazelnuts) would add a savory bite.

You will have leftover dressing and it will keep well in the refrigerator for 7-10 days.

Source: modified from <https://blueskyathome.com/kale-salad-with-pear-thyme-vinaigrette/> (4 servings)
