

## The Farm at St. Joe's

### Kale Salad with Roasted Pepper Dressing

#### Ingredients:

2 bunches kale, center ribs removed and sliced thin

1 cup shredded carrots

¼ cup dried cranberries

½ cup pumpkin seeds, lightly toasted

Roasted Red Pepper Dressing

#### For The Dressing:

2 large red bell peppers, roasted with skins removed

1/8 cup olive oil

1/8 cup red wine vinegar

1 clove garlic

1 teaspoon honey

Salt and pepper to taste



#### Directions

- 1) To prepare the dressing, roast the red peppers on a gas stovetop or under the broiler in your oven. When the pepper skins blacken, place in a bowl and cover with plastic wrap.
- 2) Place peppers with skins removed, olive oil, vinegar, chopped garlic and honey into a blender or food processor and puree until smooth. Season to taste.
- 3) Combine salad ingredients and toss with dressing to coat.

#### Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

*If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.*

#### Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit [stjoeshealth.org/classes](http://stjoeshealth.org/classes).

Check out our blog for updates and market times at [stjoefarm.org](http://stjoefarm.org)



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