

Roasted Kale & Heirloom Carrot Salad

with Pepitas, Ricotta Salata & Champagne-Cardamom Vinaigrette

This dish serves up exceptional, nutritious kale two ways. A bed of raw kale provides a base for the salad, while oven-roasted kale “chips” add a toasty crunch. You’ll be dressing it to the nines with a cardamom-blood-orange-Champagne vinaigrette and serving it with pepitas (pumpkin seeds), carrots, juicy citrus supremes and silky ribbons of ricotta salata cheese.



Ingredients

- ½ Bunch Baby Heirloom Carrots
- 2 Ounces Ricotta Salata Cheese
- 1 Blood Orange
- 1 Bunch Kale
- 1 Scallion
- ¼ Cup Millet
- ¼ Cup Pepitas
- 1 Tablespoon Champagne Vinegar
- ½ Teaspoon Ground Cardamom
- ¼ Teaspoon Red Pepper Flakes



Makes 2 Servings
About 500 Calories Per Serving

Instructions

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Grate the ricotta salata. Cut out and discard the kale stems, leaving the leaves whole. Thinly slice the scallion on an angle.

2



Roast the kale and carrots:

Place the **carrots** and $\frac{2}{3}$ of the **kale** (save the rest for the salad) on a sheet pan in a single, even layer. Drizzle with olive oil, season with salt and pepper and toss to thoroughly coat. Roast 10 to 12 minutes, or until the kale is crispy. Remove from the oven and gently transfer the kale to a paper towel-lined plate. Return the carrots to the oven and roast 9 to 11 more minutes, or until the carrots are tender and slightly caramelized. Remove from oven.

3



Cook the millet:

Once the water is boiling, add the **millet** and cook 17 to 19 minutes, or until tender. Remove from heat, drain thoroughly and set aside.

4



Make the blood orange supremes:

While the millet is cooking, cut about $\frac{1}{4}$ inch off the top and the bottom ends of the **blood orange** and sit it flat on a cutting board. (Only cut off enough of the top and bottom to reveal the fruit.) Following the contour of the orange, cut away and discard the peel and bitter, white pith. Over a small bowl, using a knife, cut along the thin, white membranes that separate each orange segment. Repeat for the whole orange. Squeeze the juice from the remaining orange into the bowl.

5



Toast the pepitas & make the vinaigrette:

In a small pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the **pepitas** and toast 2 to 4 minutes, or until toasted and fragrant. (Be careful as the pepitas may pop as they cook.) Season the pepitas with salt and pepper and transfer to a paper towel-lined plate. To make the vinaigrette, combine the **reserved blood orange juice** with the **Champagne vinegar**, **ground cardamom** and **as much of the red chili flakes** as you'd like, depending on how spicy you'd like the dish to be. Season with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well-combined.

6



Make the salad & plate your dish:

In a medium bowl, combine the **roasted carrots**, **blood orange supremes**, **scallions**, **millet** and **raw kale**; season with salt and pepper. Add some of the vinaigrette (you may have extra vinaigrette) and toss to coat. To plate your dish, divide the crispy kale between 2 plates and top with the dressed salad. Garnish with the **pepitas** and **ricotta salata**. Enjoy!