

January Vegetable Garden Recipe

Crunchy Kale or Broccoli Salad

Kale and broccoli are both cold weather vegetables which can be grown during the winter months here in Williamson County. The picture on the left is the salad made with kale and the one on the right, with broccoli.



Recipe By - Teresa Wilts

Serving Size - 8-10

- 2 ½ cups kale pulsed in a blender. Or substitute equal amounts of broccoli florets
- 1/2 pound bacon, cooked crisp and crumbled
- 2/3 cup golden raisins or a mixture of raisins and pomegranate craisins
- 1/2 cup roasted sunflower seeds
- 1/4 cup red onion -- chopped
- 1/2 cup walnuts or pecans -- chopped
- 3/4 cup mayonnaise
- 3 tablespoons cream or half and half
- 3 tablespoons sugar
- 2 tablespoons vinegar

In a large salad bowl, combine the salad ingredients. Mix the dressing ingredients. Toss the dressing with the salad and chill for 2 hours. The pomegranate craisins add a red festive touch to the salad.