

VeraVia – Seasonal Salad with Baby Kale, Chicken, Pomegranate Seed and Walnuts

Serves 2

Ingredients:

4 cups baby kale, torn (if leaves are tough, may need to be massaged with lemon and salt to soften)
1 cup romaine lettuce, torn
2 cups cubed chicken
½ avocado, cubed
¼ cup walnuts
¼ cup pomegranate seeds
3 tbsp. red wine vinaigrette (recipe follows)

Red Wine Vinaigrette (yields extra):

Ingredients:

2 tbsp. red wine vinegar
6 tbsp. extra virgin olive oil
½ tsp. Dijon Mustard
½ clove of garlic, crushed and chopped
Salt and pepper

Method:

- Arrange all ingredients attractively in large salad bowls and drizzle vinaigrette on top.