

KALE APPLE SALAD WITH WALNUT BACON

Everything tastes better with bacon. Our latest twist on a classic kale apple salad involves bacon, but not the greasy, saturated fat variety. We've roasted walnuts with a gluten-free hickory smoke liquid, so they resemble and taste even better than bacon bits. Our bacon is anti-inflammatory, high in omega-3s, and brain-supportive. Everything tastes even better with better bacon.

INGREDIENTS

1 bunch of kale
1 apple

WALNUT BACON

1 cup raw walnuts
1 teaspoon paprika
2 teaspoons liquid smoke*
2 teaspoons tamari
1/2 teaspoon honey
1/2 teaspoon olive oil

DRESSING

1/2 teaspoon Dijon mustard
1 teaspoon honey
1 tablespoon apple cider vinegar
1/4 teaspoon salt
3 tablespoons olive oil
additional salt and pepper

*We used Lazy Kettle brand which is gluten-free

MAKES FOUR SALADS

- 1 Preheat oven to 325°F.
- 2 In a mini food processor, pulse the raw walnuts until they resemble a very coarse meal.
- 3 Place the walnuts in a small bowl and add paprika, liquid smoke, tamari, honey, and olive oil. Mix well.
- 4 Place the seasoned walnuts on a rimmed baking sheet and bake for 5-10 minutes, checking after 5 minutes then every couple of minutes. They will burn quickly!
- 5 To make the dressing, add mustard, honey, vinegar, and salt to a bowl. Whisk in the olive oil until it is emulsified.
- 6 Wash and dry the kale. Remove the stems and then chop into pieces.
- 7 Cut the apple into batons and toss with a little dressing. Set aside.
- 8 In a large bowl, place the kale. Sprinkle with salt and pepper. Toss with the remaining dressing. Add the apples to the bowl and sprinkle generously with the cooled walnuts. You'll have enough walnuts for 2-3 recipes.

NOTES

- The "bacon" can be stored in a container for up to 1 week. Sprinkle it on nachos or baked potatoes as you would bacon bits!