

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
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SA 9:30am-5pm



## **Roasted Winter Salad with a Citrus Vinaigrette**

### **Ingredients:**

*Makes 4 healthy salad servings.*

### ***The Salad:***

3-4 stalks of broccoli  
1 small head of cauliflower  
6 cups baby kale, stemmed and torn  
3 tablespoons olive oil, divided  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
2 oranges, supremed\* (see below)

### ***The Citrus Vinaigrette:***

*Makes about 1-1/4 cups dressing*

4 tablespoons fresh orange juice  
2 tablespoons lemon juice  
1 teaspoon orange zest  
1 teaspoon lemon zest  
1 small shallot, finely minced (about 2 T.)  
2/3 cup olive oil  
3/4 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1 bulb garlic, (roasted along with the vegetables above)

### ***Garnishes: (optional)***

Parmesan shavings  
1/2 cup pomegranate arils

### **Directions:**

1. PREPARE the vegetables for roasting by separating the broccoli and cauliflower into bite-sized pieces. Rinse the pieces, drain, pat dry, and allow to air dry a short while so that the olive oil in the next step adheres to the surface.
2. INCLUDE the garlic to be used in the dressing in the roasting pan. Separate one bulb of garlic into individual cloves leaving the papery skin around each clove intact. Place the cloves on a small square of aluminum foil. Drizzle a scant tablespoon of olive oil and toss so that each clove is nicely coated. Fold the foil into a closed, flat packet.

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(Traditionally garlic is roasted as a whole bulb, but that can take up to an hour; we want the garlic to finish roasting at about the same time as the broccoli and cauliflower).

3. TOSS the prepped broccoli and cauliflower in a large bowl with the remaining 2 tablespoons of olive oil. Sprinkle the salt and pepper among the pieces and toss once again.
4. LINE a rimmed baking sheet with parchment paper or a baking mat. Spread the oiled and seasoned vegetables on the baking sheet. In one corner, place the foil pouch of garlic cloves.
5. PLACE the pan in a preheated 400°F oven and roast the vegetables for 25-30 minutes or until easily pierced with a knife and the edges begin to brown and slightly caramelize. You may opt to turn or toss the vegetables midway during the roasting process.
6. ZEST, then SUPREME\* two oranges while the vegetables are roasting. Do this by cutting away the outer peel of the orange including any inner white pith. With a sharp knife, cut along the membrane of each section toward the center to remove each section. Set aside.
7. MIX the dressing by adding all the ingredients, except the roasted garlic, in a tall vessel. With an immersion blender or hand whisk, mix the dressing. Once the garlic is roasted and cooled slightly, remove the tender inner flesh by pinching each clove and discarding the cloves. With a fork, mash the cloves well. Add to the dressing and whisk again to combine.
8. TENDERIZE the kale once rinsed, stemmed, and torn into bite-sized pieces. Do this by drizzling 1/4 cup of the prepared dressing (with or without the garlic if it's not finished roasting), and massage the dressing into the surface of the kale leaves.
9. ASSEMBLE the salad by placing a layer of kale on a salad plate and topping with generous helpings of roasted broccoli, cauliflower, and sectioned oranges. ADD a dose of the Citrus Dressing, and garnish, if desired, with shavings of Parmesan cheese and pomegranate arils for a pop of winter color.