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Recipe

Apple & Kale Salad with Black Sesame Maple Cashews

35 MIN
Total Time 

6-8
Servings

INGREDIENTS:

- 1 cup cashews
- 1 tbsp. black sesame seeds
- 2 tbsp. maple syrup
- 1/2 cup plus 2 tbsp. vinegar
- 1/4 cup apple cider
- 1/4 cup sugar
- 2 tbsp. vegetable oil
- 4 cups chopped lacinato kale
- Kosher salt and black pepper
- 1 Cortland apple, peeled, cored, and cut into 16 wedges

DIRECTIONS:

In a small skillet, heat cashews over medium-high, tossing, until lightly toasted, about 2 minutes. Transfer to a plate. Add sesame seeds and toast until fragrant, about 45 seconds. Transfer to a plate. Add maple syrup and cook until reduced and thick, about 1 minute. Return the cashews to the skillet and stir. Spread the cashews onto a sheet of foil and sprinkle with the sesame seeds. In a small bowl, whisk the vinegar with the apple cider, sugar, and oil until the sugar dissolves. Pour vinaigrette into a large bowl, add kale, and season with salt and pepper. Mix kale and let stand until slightly wilted and then transfer to a serving platter. Add apple into the bowl and mix with remaining dressing and arrange over the kale. Break the cashews up into small pieces and sprinkle over the salad just before serving.

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