

Recipe

WellWorks For You FEATURED RECIPE Feta, Kale, and Pear Salad

4 Servings | Gluten-Free Option, Egg-Free, High Fiber

INGREDIENTS

- ¼ cup pepitas
- ¼ cup sesame seeds
- ¼ cup sunflower seeds
- 1 ½ teaspoons extra-virgin olive oil
- ½ teaspoon kosher salt, divided
- ¼ cup whole-milk plain Greek yogurt
- 2 tablespoons tahini
- 1 tablespoon water
- 1 ½ teaspoons cider vinegar
- 1 teaspoon lemon juice
- 10 cups torn stemmed kale leaves (from 2 bunches)
- 1 ripe pear, thinly sliced
- ¼ medium red onion, thinly sliced
- 1 cup fresh mint, divided
- ½ cup crumbled feta cheese



DIRECTIONS

1. Preheat oven to 325° F.
2. Spread pepitas, sesame seeds, and sunflower seeds on a rimmed baking sheet. Bake, stirring once, until lightly toasted, about 10 minutes. Immediately scrape the seeds into a medium bowl and toss with oil and 1/8 teaspoon salt. Let cool to room temperature for 10 to 15 minutes.
3. In a large bowl, whisk yogurt, tahini, water, vinegar, lemon juice, and the remaining 1/8 teaspoon salt. Add kale and massage with the dressing to soften the leaves. Add pear, onion, and 1/2 cup mint and toss to combine.
4. Serve the salad topped with feta, the remaining ½ cup mint, and the seeds.

NUTRITION

Per Serving: Calories: 308 / Protein: 12g / Carbohydrates: 23g / Dietary Fiber: 8g / Fat: 21g / Saturated Fat: 5g
Calcium: 334mg / Magnesium: 105mg / Potassium: 583mg / Sodium: 447mg

Source: eatingwell.com/recipe/277838/feta-kale-pear-salad

Wellworks For You