

FIG & BALSAMIC DRESSED KALE

with GORGONZOLA & CANDIED PECANS

This is a very simple and quick & easy way to serve kale that everyone will love the combination of fig, balsamic, blue cheese and pecans cannot be beat! I like to add the vinegar a Tablespoon at a time because the fig preserve can vary in sweetness due to the amount of actual fruit you may have scooped into using. Also, there is very little fat or oil used on the kale as that is contained in the cheese & nuts which help to balance the strong flavor of Beady's Camden Kale.

INGREDIENTS

1 bunch Beady's Camden
Kale

1/3 Cup GDG Fig
Preserves

2 - 3 Tablespoons
Extravagonzo Classic
Balsamico

1/2 Cup Gorgonzola Blue
Cheese

1/2 Cup Sahale Glazed
Pecans

1 Tablespoon First Fresh
Extra Virgin Olive Oil

Pinch of Salt

DIRECTIONS

Wash and chop kale into half inch pieces and set aside in a serving bowl.

In a microwave safe bowl gently microwave fig preserves to slightly liquefy and make it easier to blend.

Transfer into a steep sided mixing bowl and use a handheld immersion blender to purée together with 2 or 3 Tablespoons of Balsamic vinegar.

Briefly dress kale with olive oil and salt using your hands or tongs to combine before pouring over the Fig & Balsamic dressing and continuing to toss the greens until well combined.

Sprinkle over crumbled Gorgonzola and pecans and serve straight away.