
BRAVE & BOLD HARVEST SALAD

BRAVE & BOLD HARVEST SALAD	<i>Looking for a festive salad that incorporates all the classic holiday flavors, but with a modern twist? Well, you've come to the right place! This Vandal inspired Holiday Harvest Salad is a great way to experience the season's bold flavors all in one dish! The sweet cranberry dressing paired with tart apples over fresh kale and garnished with a spicy cornbread hinted with orange, will bring a new experience to your holiday table! With brave and vibrant colors the Holiday Harvest Salad is an attractive dish. This recipe is great by itself or as an addition to your holiday dinner.</i>
FROM THE KITCHEN OF	<i>Katie Messerly and Jessica Carter</i>
TOTAL SERVINGS	6
SERVING SIZE	1 ½ Cups
DIETARY CONSIDERATIONS	<i>Vegetarian, Dairy-free</i>
WINE PAIRING SUGGESTION	<i>Hells Canyon 2020 Chardonnay Reserve</i>

INGREDIENTS FOR Cornbread

1 (8.5 ounce) Box	<i>Jiffy cornbread mix, or use your favorite cornbread recipe</i>
1	<i>Egg</i>
1 medium	<i>Jalapeno, deseeded, and finely diced</i>
1 medium	<i>Navel Orange, divided and cut in half</i>

INGREDIENTS FOR Salad

1 Head	<i>Kale, rinsed, destemmed, and chopped</i>
1/2	<i>Navel orange</i>
2	<i>Granny Smith Apples, cut into 1-inch cubes</i>
1	<i>Sweet Potato, peeled, and cut into 1-inch cubes</i>

INGREDIENTS FOR Dressing

1/2 Cup	<i>Unsalted Cashews, Raw</i>
1/4 Cup	<i>Whole cranberries in sauce, Canned</i>
1/4 Teaspoon	<i>Cinnamon</i>

DIRECTIONS FOR Brave & Bold Harvest Salad

STEP 1	<i>Preheat oven to 400 degrees.</i>
STEP 2	<i>Soak cashews in ½ cup of water and set aside.</i>
STEP 3	<i>Place cornbread mix in a bowl, with 1/3 cup water, 1 egg, and the diced jalapeno and mix.</i>
STEP 4	<i>Zest the orange into the batter and then fold it into the mix.</i>
STEP 5	<i>Slice the orange in half, juice one half of the orange into the cornbread mix and stir. Set aside the other half.</i>
STEP 6	<i>Line a baking sheet with parchment paper.</i>
STEP 7	<i>Pour batter onto the parchment lined baking sheet, spread evenly across the whole baking sheet, and bake for 15 minutes.</i>
Step 8	<i>While the cornbread is baking, add the chopped kale to a bowl. Juice the remaining half of the orange over the kale, and massage with your hands for one minute. Set aside.</i>
Step 9	<i>Chop the sweet potato into ½ inch-cubes, lightly salt and pepper. Place onto a baking sheet lined with parchment paper, and bake for 20 minutes at 400 degrees.</i>
Step 10	<i>While the potatoes are cooking, dice the apples into ½ inch-cubes, add them to the pan with the sweet potatoes for the last 5 minutes of baking.</i>
Step 11	<i>For dressing: in a blender or food processor, add soaked cashews with the water, cranberries, and cinnamon. Blend until smooth. Refrigerate.</i>
Step 12	<i>Combine the kale, cooked sweet potatoes and apples, and mix with the dressing. Crumble cornbread on top of the salad and serve.</i>

NUTRITIONAL DATA FOR Brave & Bold Harvest Salad

CALORIES	391
TOTAL FAT	<i>Total fat 15g Saturated fat 4.2g Trans fat 0g</i>
CHOLESTEROL	281.2 mg
SODIUM	352.9 mg
TOTAL CARBOHYDRATE	<i>44.9g Dietary fiber 5.9g Sugar 15.8g</i>
PROTEIN	15.9g
Vitamin D	0%

Calcium	152.3%
Iron	6.8%
Potassium	644.3 mg
Vitamin A	612.6%
Vitamin C	115.3%