

## Kale Salad with Carrots, Beets, Avocado and IPA Vinaigrette

Recipe by: Chef Jonathan Poyourow, RD, LD

**Yield:** 4 servings

### Ingredients:

1 large carrot, peeled, small dice  
 2 large beets, peeled, small dice  
 4 cups kale, finely chopped  
 1 teaspoon lemon juice  
 1 avocado, small dice  
 3 ounces favorite Indian Pale Ale  
 1 tablespoon shallots, minced  
 1 teaspoon finely grated orange zest  
 1 tablespoon honey  
 1 teaspoon Dijon mustard  
 4 tablespoons olive oil  
 Kosher salt and black pepper, to taste



### Method of Preparation:

1. Preheat oven to 350.
2. Roast the carrots and beets until tender.
3. Put kale in a large bowl and massage with lemon juice to brighten the color and tenderize. Add the avocado, beets and carrots to the kale.
4. To make the vinaigrette dressing, whisk together the beer, shallots, zest, honey and mustard. Gradually add in the oil and continue to whisk until emulsified and smooth. Season with salt and pepper, to taste.
5. Pour the vinaigrette over the salad and toss until well coated.
6. Serve immediately.

#### Nutritional Analysis:

Calories: 344  
 Carbohydrates: 36 g  
 Sodium: 150 mg  
 Protein: 8 g  
 Fat: 19 g  
 Fiber: 7 g