

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 4: Kale Salad Vinaigrette

Salad dressings are so easy to make at home versus purchasing those in the grocery store. They sometimes include questionable preservatives that may be unhealthy, and often mask the taste of the dressing ingredients themselves. Making at home also allows you to use some of the fun or unique oils you may have on hand. Extra virgin olive oil is always a perfect stand by, but walnut oil or hazelnut oil are great alternatives.

In this recipe, Apple Butter is the special food that adds creaminess to the vinaigrette. **NOTE:** Be sure to read the labels to avoid added preservatives.

Serves 2

VINAIGRETTE MAIN INGREDIENTS

- 2 tablespoons Apple Butter
- ¼ cup extra virgin olive oil (or oil of your choice)
- ¼ cup vinegar
- 1 clove minced garlic
- Sea salt to taste

DIRECTIONS:

Place all ingredients into an airtight container and shake well. Make in advance – it gets better the longer it sits. It will also last up to a month in the refrigerator.

To finish salad, include:

- 2 cups chopped Kale (I use Dinosaur or Lacinato kale; they hold up well to massaging)
- ¼ cup cooked whole grain sorghum*
- 1 cup cherries
- ¼ cup Feta (or preferred dry salty cheese)

DIRECTIONS:

In a medium bowl, add chopped Kale and a small amount of vinaigrette. With your hands, massage greens well, ensuring all are evenly covered.

Add in cherries and mix well. Garnish with Feta.

*Sorghum grain can be prepared like rice, quinoa or other whole grains. Whole grain sorghum adds a hearty, nutty flavor to your favorite dishes, and is a great way to add additional protein.

Hans teams with Brenda Hill, owner of [The Passionate Preserver](#), a local small business specializing in low sugar and unique flavor spreads, to provide these written recipes. Ms. Hill is also a local instructor of canning and preserving at The Chapman Cancer Wellness Center, The Cook's Warehouse, and the Northeast Food Hub. Readers can learn more at [The Passionate Preserver](#).