



# Fruity & Nutty Spring Kale Salad

## Featuring Hawaiian Macadamia Oil

Recipe provided by Lee of The Rogue Brussel Sprout

### Ingredients:

- 2 tbsp fresh-squeezed orange juice
- 1 tbsp Maiden Hawaii Naturals Macadamia Oil
- Generous flaky sea salt, like fleur de sel
- Two bunches of Lacinato (or “dinosaur”) kale
- Half a head of radicchio
- Large handful of kumquats and/or mandarinquots
- Large handful of blackberries
- 1-2 avocados
- Handful of roasted salted pistachios

### Directions:

- In a large mixing bowl, whisk together the orange juice, macadamia oil, and a generous sprinkling of salt.
- Remove the ribs from the kale and cut the leaves into thin ribbons.
- Add the kale ribbons to the mixing bowl and give them a vigorous massage in the dressing.
- Slice the radicchio into thin ribbons, making sure not to include the stem. Add the radicchio to the kale and toss well.
- Let it all sit for five minutes to let the kale and radicchio marinate in the dressing.
- Meanwhile, slice the kumquats, mandarinquots, and avocado.
- Transfer the kale and radicchio to a serving platter. Top with the sliced citrus and avocado, as well as blackberries and pistachios. Finish it off with another sprinkle of flaky salt and serve immediately.



This recipe was developed by Lee of The Rogue Brussel Sprout recipe blog. You can find her on Instagram (@TheRogueBrusselSprout) and visit her blog at [www.TheRogueBrusselSprout.com](http://www.TheRogueBrusselSprout.com)

Learn more at [MaidenHawaiiNaturals.com](http://MaidenHawaiiNaturals.com)  
Follow us @maidenhawaiinaturals & share your recipe!

**SHARING? PLEASE CREDIT:**  
Recipe compliments of The Rogue Brussel Sprout  
Tag @TheRogueBrusselSprout and  
@maidenhawaiinaturals