

Sunflower Seed, Kale and Cherry Salad with Savory Granola

Source

halfbakedharvest.com

Description

I'm basically in love with any recipe that involves cherries, but especially this salad!

Prep Time

15 min

Cook Time

20 min

Total Time

35 min



Yields 4

- 1 leaves bunch kale (roughly torn)
- 1 zucchini + summer squash (quartered)
- olive oil (for drizzling)
- kosher salt + pepper
- 4 ears fresh or grilled corn, (kernels removed from the cob)
- 1 1/2 cup fresh cherries (pitted + halved)
- 1 ounce can black beans or white, (drained, 14)
- 1 cup microgreens
- 1/3 cup shelled (toasted sunflower seeds)
- 1/3 cup olive oil
- 1/4 cup grated parmesan
- 2 tablespoons fresh lemon juice
- 1/4 cup fresh basil (chopped)
- kosher salt + pepper
- crushed red pepper flakes (to taste)
- 1 cup old fashioned oats
- 1 cup unsweetened coconut flakes
- 1/2 cup raw, (shelled sunflower seeds)
- 1/4 cup olive oil
- 1 tablespoon honey
- 2 teaspoons low sodium soy sauce
- pepper (to taste)

Directions

1. Add the kale to a large bowl salad bowl with a tablespoon or two of olive oil and a pinch of salt. Massage the kale with your hands for 2-3 minutes or until the kale begins to break down and soften a bit.
2. Heat a grill or grill pan to high heat.
3. Place the zucchini in another bowl and drizzle with olive oil, salt and pepper. Toss to combine. Grill the zucchini until light char marks appear, about 3-5 minutes per sides. Remove from the grill.
4. Add the grilled zucchini, corn, fresh cherries and beans to the bowl with the kale. Gently toss to combine. Sprinkle on the microgreens and savory granola (see recipe below). Serve the salad alongside the sunflower seed vinaigrette (recipe below).
5. , Sunflower Seed Vinaigrette
6. Add the sunflower seeds, olive oil, parmesan, and lemon juice to a high powered blender or food processor. Process until completely smooth. If needed, add water to thin the vinaigrette. Stir in the chopped basil, salt and pepper. Add a pinch of crushed red pepper flakes to your taste. Vinaigrette can be made a few days in advance and kept in the fridge.
7. , Savory Granola
8. Preheat the oven the oven to 350 degrees F. Line a baking sheet with parchment paper. Add the oats, coconut and sunflower seeds to the baking sheet
9. In a small bowl, stir together the olive oil, honey, soy sauce, and pepper. Pour over the oats mixture and use your hands to toss everything together until combined.
10. Spread granola in a single layer. Bake for 10 minutes, stir and toss, and then bake for another 10 to 15 minutes or until oats are toasted. Remove from oven and let cool completely. The granola will keep in a glass jar for up to 1 week. Serve sprinkled over the salad.