INGREDIENTS

1 tablespoon rice vinegar
1 tablespoon balsamic vinegar
1 tablespoon maple syrup
2 tablespoons olive oil
2 bunches kale, washed, stem removed, leaves chopped (Tuscan kale is especially good.)
salt to taste
1 pear, chopped or sliced
¼ cup toasted sunflower seeds
¼ cup shredded cheese, Parmesan or Robusto

METHOD

Whisk together the rice vinegar, balsamic vinegar, maple syrup, and olive oil in a bowl or shake in a container with a tight lid.

Toss the dressing with the chopped kale in a bowl. Season with salt. Continue to toss every few minutes until the kale has wilted.

Toss in the pear, sunflower seeds, and cheese.

Taste for seasoning and adjust.