

# KALE SALAD WITH PEAR, SUNFLOWER SEEDS & CHEESE

## 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.