



## FRUITED BABY KALE & SPINACH SALAD WITH PAPAYA SEED DRESSING

### INGREDIENTS

INGREDIENTS	VOLUME	MASS
<b>PAPAYA SEED DRESSING</b>		
Red Wine Vinegar	1/4 cup	-
Lime Juice of 2 Limes	1/4 cup	2 ea.
Water	1/4 cup	-
Papaya 1/2 large or 1 small, peeled, cut into chunks	-	425-450g.
Papaya Seeds	1/4 cup	40g.
Onion, sweet or red, peeled and cut	1/4 cup	50g.
Granulated Sugar	1/4 cup	50g.
Salt, Coarse Kosher Sea Salt	1/2 tsp	1.5g.
Dijon Mustard	1 tbsp	20g.
<b>FRUITED BABY KALE &amp; SPINACH SALAD</b>		
Baby Kale & Spinach mix, 5oz. package	2 ea.	10oz.
Dragonfruit, pink skin, white or red flesh, peeled	1 ea.	130-135g.
Papaya, peeled, then sliced or diced	1/4-1/2 ea.	245-255g.
Avocado, pitted, sliced or diced, then scooped out	1 ea.	-
Jicama, peeled, then cut into 1.5" x 0.25" x 0.25"	1/8-1/4 ea.	50-65g.
Red onion, peeled, cut 0.25" radial slice (root to tip)	1/3-1/2 ea.	30-40g.
Optional: Sourdough or any other quality bakery bread, sliced, toasted then cut into cubes. Do not want a soft bread	2-3 slices	100g.
Sweet Spiced Pecans - see recipe at end	1/2 cup	100g.

# PAPAYA SEED DRESSING

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**UTENSIL:** A good blender, one that does high speed. A smoothie blender can work as well, you just may need to blend in batches then mix.



1. Combine all ingredients in a blender and process on puree setting until smooth



2. Pour into a jar and refrigerate 24 hours. You can use it right away, but the flavor improves when you let it set 24 hours.

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# FRUITED BABY KALE & SPINACH SALAD

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**UTENSIL:** Large salad bowl, tongs for tossing or serving. Serving bowls or plates. Optional salad spinner for the greens.

1. Wash and shake the excess water off the salad greens



2. Prep and top with the dragonfruit, papaya, avocado, jicama, red onion, and toasted bread cubes.

3. Top with about 1/2 cup of the salad dressing and toss until dressing is distributed.



4. Top with pecans at service or serve on the side.

# SWEET SPICY NUTS

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INGREDIENTS	VOLUME	MASS
Water	4 tsp	20 mL
Powdered Sugar	1/2 cup	60g.
Cayenne Pepper	1/2 tsp	1g.
Salt, kosher sea salt	1.5 tsp	5g.
Nut of choice - e.g. almonds, pecans, walnuts etc.	1 cup	228g.

## INSTRUCTIONS

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**UTENSILS:** Oven/toaster oven, sheet pan, parchment paper, slotted spoon.

1. Preheat the oven to 300°F/150°C. Use convection if possible, but can use standard oven as well.
2. Combine water, sugar, salt, & pepper, and mix well.
3. Add the nuts and toss until coated in the sugar solution.
4. Then, using the slotted spoon, drain off excess sugar, and place single layer on parchment lined pan. Bake 5 minutes.
5. Pour nuts back into the bowl and repeat the toss-bake cycle in steps 3 & 4.
6. Repeat steps 3 & 4 one more time. The sugar solution should be pretty much gone at this point.
7. Remove pan from oven and allow the nuts to cool completely on the parchment.
8. Once cooled, transfer to an air tight container.