

Sparkle Kitchen

Warm Kale Salad With Maple Mustard Dressing

(makes one meal-sized portion)

Ingredients

For the salad:

2 slices fatty bacon

Handful cherry tomatoes

3 big handfuls (about 4 ounces) sturdy greens (like kale, collards, or beet tops)

Salt and pepper, to taste

1 egg

For the dressing:

¼ cup olive oil

2 tablespoons white balsamic vinegar

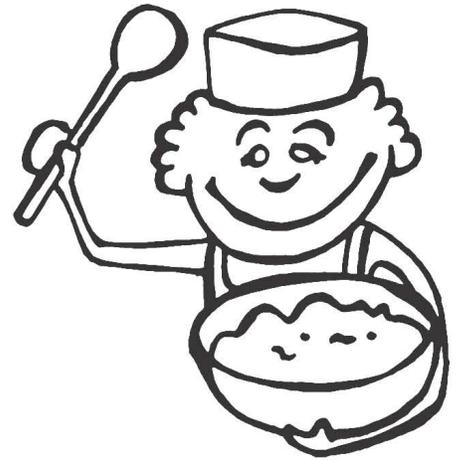
1 tablespoon dijon mustard

1 tablespoon maple syrup

Directions

Chop the bacon into pieces and fry it up in a large, high-sided skillet until the bacon is crispy and has rendered out a nice amount of fat. Remove the bacon pieces with a slotted spoon, reserving them for later.

Slice the cherry tomatoes in half and add them to the hot bacon fat. Cook them over medium heat for 3-5 minutes or until they start to look barely soft.



Sparkle Kitchen

Warm Kale Salad With Maple Mustard Dressing

Continued...

Slice the cherry tomatoes in half and add them to the hot bacon fat. Cook them over medium heat for 3-5 minutes or until they start to look barely soft.

Toss the greens in with the tomatoes and bacon fat. Sauté until they turn bright green.

While the greens and tomatoes are cooking, mix the dressing ingredients in a lidded container and shake them together.

When the greens are done, slide them from the pan into a large bowl and toss them with about half the dressing and a few good pinches of salt and pepper.

Put the dressed greens onto a pretty plate, then — using the same pan you cooked the greens in — fry an egg and pop it atop the greens. Add the reserved bacon bits and even more dressing if you would like a bit of extra sweetness.