

Grilled Autumn Harvest Salad



**JAMES
BEARD
FOUNDATION**

ingredients

- ¾ lb fresh kale
- olive oil
- 1 Asian pear
- ¼ pint fresh blueberries
- 2 oz shredded watermelon radishes
- Savory Chia Seed Oat Clusters
- Smoked Carrot Ginger Vinaigrette

Savory Chia Seed Oat Cluster

- 1 c Quaker Old-Fashioned Oats
- ½ c pumpkin seeds
- 5 tbsp white chia seeds
- 2 c water
- 2 cloves fresh garlic, chopped
- ¼ c fresh chopped chive
- 2 tbsp chopped fresh rosemary
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 tbsp honey
- 1 tbsp smoked paprika

Smoked Carrot Ginger Vinaigrette

- 3 medium carrots
- 3 oz fresh ginger
- 1 medium avocado
- 1 c apple cider vinegar
- 2 c olive oil
- kosher salt
- 2 cloves fresh garlic
- ½ c water

instructions

1. Preheat grill to medium-high range.
2. Drizzle kale with oil and a sprinkle of kosher salt
3. Grill kale until leaves start to slightly blacken, 1-2 minutes on each side.
4. Quarter and de-seed pear, quarter the quarters and follow similar steps for kale with pears.
5. Allow grilled produce to rest at room temperature or chill based on preference.
6. Build kale base on plate, top with grilled pears, chia seed oat cluster, berries, and radishes.
7. Drizzle with vinaigrette or serve on side.

For the oat clusters:

1. Preheat Oven to 350°.
2. Spray sheet pan with non-stick spray, toast oats and pumpkin seeds until nutty brown, approximately ten minutes.
3. Mix chia seeds and water in bowl and allow to rest five minutes until water is absorbed and seeds seem almost a paste consistency.
4. Combine oats, seeds, garlic, chive, rosemary, salt, pepper, honey, and paprika and mix thoroughly.
5. Add remaining ingredients, mix well, and pour mixture onto sprayed sheet pan, separate into clusters of preferred size.
6. Bake in oven for 10-12 minutes.
7. Allow to cool for 15 minutes.

For the vinaigrette:

1. Smoke carrots and ginger for six hours at 225° with apple wood chips.
2. Puree carrots, ginger, avocado, and fresh garlic. Salt to taste.
3. Add vinegar and water to puree and blend.
4. Slowly add oil until emulsified.

by Matthew Carter