

Warm Bulgur-Kale-Beet Salad with Balsamic Vinaigrette

Start oven at 450 deg.

Combine 1 c. water, ½ c. bulgur, and dash of salt in small saucepan. Bring to boil, then reduce to simmer for additional 13 minutes. Turn off heat. Leave lid on and remove from heat until you need it.

Cube (1/4 inch) 2 small-medium yellow and 2 red beets.

Quarter (vertically) 8-10 Brussels sprouts

Combine in bowl, toss with about 1 Tbs. olive oil, and a couple of twists of salt and pepper.

Spread on baking sheet and roast in oven for 20 minutes.

Wash ½ bunch kale, 3-4 med-sized leaves. (I like to fill a bowl with water and dunk it vigorously to get the sand out of the frilly bits.) Pat dry. Fold kale in half along stem and cut stems out, retaining the leafy parts. Gather up or stack leafy bits and slice kale into really thin strips.

Make balsamic vinaigrette by whisking together 1/2 Tbs honey, 2 Tbs balsamic, and 1 Tbs olive oil, and splash of water, with salt and pepper to taste. (Measurements approximate – taste it and adjust to your needs, but this is not a complicated thing to do. Using a bowl deep enough and a whisk small enough - but with a goodly number of hoops - to allow vigorous whisking is the secret.)

Coarse chop 7-8 pistachios.

Open goat chevre (small tube that I keep cold in freezer until the last possible second, not that it is ever easy to crumble...).

In beet-Brussels sprouts bowl, combine kale and bulgur with ½ vinaigrette.

Distribute bulgur-kale to 3 or more bowls (depending on if this is the show or if this is a side).

Spoon roasted veggies over bulgur-kale. Drizzle with remaining vinaigrette.

Crumble chevre on top. Tap a knife blade of pistachios on top.

Serve.