



# KBLT SALAD

## (KALE, BACON, LETTUCE & TOMATO)

### INGREDIENTS

1/2 cup mayonnaise  
1 tablespoon rice vinegar  
1 teaspoon pink peppercorns  
1/3 cup sour cream  
1/3 cup maple syrup  
1 tablespoon oil  
1lb thick cut bacon  
10 cups of kale (preferably Tuscan), chopped  
1 pint grape tomatoes (halved)  
Sea salt to taste

### PROCEDURE

In a blender or food processor, mix the dressing. Blend mayonnaise, vinegar, peppercorns, sour cream, maple syrup and salt.

In a large frying pan, heat the oil and add bacon. Cook slowly on low heat for approximately 15 minutes.

Cool the bacon on paper towel. Once cooled, cut it into 1" pieces.

Toss kale and dressing. Add tomatoes and bacon. Add croutons, if desired.

Enjoy!

