

# Kale Salad with Creamy Herb Dressing



## Ingredients

### Creamy herb dressing

- ¼ cup Chobani® Whole Milk Plain Greek Yogurt
- 2 teaspoons minced garlic
- 1 tablespoon diced shallots
- 2 tablespoons white balsamic vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup grapeseed oil
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh chopped oregano
- ¼ cup fresh chopped parsley
- 1 tablespoon fresh chopped dill

### Kale salad

- 8 ounces baby kale
- 1 sliced avocado
- 1 cup orange segments
- 1 cup cooked quinoa
- 1 cup thinly shaved fennel
- ¼ cup toasted pumpkin seed

## Instructions: Creamy herb dressing

### Step 1

In a food processor, combine garlic, shallot, vinegar, mustard, salt, and pepper. Process until smooth, and slowly add oils in a steady stream. Add herbs and yogurt, and process until fully incorporated. Transfer to a sealable container and refrigerate until ready to serve.

## Instructions: Kale salad

### Step 1

Add all salad components to a large bowl and toss with dressing until evenly coated. Divide salad evenly into 4 bowls and serve.