

Kale, Carrot, Corn, and Bean Salad

Provided by Sue Scott and Larry Fuerst

Ingredients:

- 1 egg yolk
- 1 T Dijon mustard
- 1/2 C olive oil
- 2 T capers chopped
- 1 T caper liquid
- 1-2 smashed & minced garlic cloves
- 1 T lemon juice
- 1 C corn
- 1 can of beans of your choice
- 1-2 carrots thinly sliced or grated
- Sliced red pepper
- 1 tomato diced
- 1 bunch kale
- 1 onion chopped
- 2 T chopped herbs-your choice

Instructions

1. In bowl whisk yoke with mustard. While whisking, drizzle olive oil in slowly. Whisk until oil is incorporated and the mixture is thick.
2. Whisk in capers, caper liquid, garlic & lemon juice. Season w/ salt for flavor.
3. In another larger bowl, combine all vegetables & herbs. Add dressing & toss. Allow to sit for 10 min. or so & serve!
4. If wanted, a few tablespoons of balsamic vinegar is nice mixed in.

