

Dandelion Greens Salad with Honey Mustard Dressing

INGREDIENTS

Salad Ingredients

- 1 Bunch Dandelion Greens, Finely Chopped
- 10 Brazil Nuts, Chopped
- 1 Ear Corn, Raw removed from cob
- ½ Avocado, Cubed
- 5 Dates, Chopped
- Sliced Duck Breast
- Shredded Swiss cheese

Dressing Ingredients

- 1/2C melted Chicken Fat
- 1TBS Honey
- 1TBS Dijon Mustard
- ½ TSP Salt
- 1/2TSP Black Pepper
- 3 Sprigs Thyme, Chopped

1. To make the salad, add all ingredients to a bowl and toss.
2. To make the dressing, melt chicken fat and whisk in honey until combined. Add mustard and whisk thoroughly. Add salt, thyme and pepper and mix. Let refrigerate for at least 15 minutes before serving.