



# Kale & Apple Salad

2 Servings

## INGREDIENTS

- 3-4 cups kale, small chop
- 1 small apple, cored and sliced thin
- 1 tsp. olive oil
- 2 Tbsp. dressing \*
- Salt/pepper, to taste

\* try our recipe for Honey Mustard Vinaigrette.

## DIRECTIONS

1. Strip washed kale leaves off stems. Small chop and place in large bowl.
  2. Add olive oil to the bowl and massage the kale for few minutes, until it becomes bright green and softens.
  3. Core washed apple , cut in half and slice thinly. Add to massaged kale.
  4. Add dressing, toss well to mix. Taste and adjust seasoning. Serve at room temperature.
  5. Refrigerate leftovers.
- Add nuts, dried cranberries, raisins, or sunflower seeds



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