

# Kale and Apple Salad

Prep Time: 15 min

Servings: 2

Chiffonades of crunchy kale are combined with thin slices of crisp, juicy apple and our signature Honey Mustard Vinaigrette for a flavorful, simple salad. Kale & Apple Salad pairs well with soups and sandwiches, is a great addition to wraps and is amazing served with baked ham. For added pizzazz top with nuts, seeds, and dried fruits.



## Ingredients

- 1 medium bunch kale (3-4 cups chopped)
- 1 small apple
- 1 tsp olive oil
- 2 Tbsp dressing\*
- salt & pepper, to taste

\*Try our recipe for Honey Mustard Vinaigrette - it's the perfect compliment to this salad!

## Steps

1. Wash and dry the kale, then strip the leaves off stems. Finely chop the leaves and place in large bowl.
2. Add olive oil to the chopped kale and massage for few minutes, until kale becomes bright green and softens.
3. Wash and core the apple, then cut in half and thinly slice. Add to massaged kale.
4. Add dressing of choice, toss well to mix, adding salt & pepper, to taste.
5. Serve at room temperature and refrigerate leftovers.

Chef's tip: For extra texture and a pop of flavor, try adding nuts, dried cranberries, raisins, or sunflower seeds!