

Kale, Beet and Apple Salad

Ingredients:

- 6 cups curly kale, roughly chopped into bite-sized pieces
- 1 apple, diced
- 1 cucumber, diced
- 2 beets, boiled and chopped
- 1/4 cup pepitas or sunflower seeds (optional)
- 1 tbsp. olive oil

Lemon Dressing Ingredients

- 1/4 cup olive oil
- 2 tbsp. lemon juice
- 2 tbsp. red wine vinegar or another 2 tbsp. lemon juice
- 1 garlic clove, minced
- 1 tsp. honey, or to taste
- Sea salt and freshly ground black pepper



Notes :

Enjoyed best when shared.

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Procedure:

1. In a small bowl whisk together ingredients for the dressing until well emulsified. Season to taste.
2. Place kale in large bowl and drizzle with 1 tablespoon of olive oil.
3. Lightly scrunch kale with hands to massage and soften the leaves.
4. Add in remaining salad ingredients and mix.
5. Drizzle dressing over salad and toss gently.
6. Serve immediately or let the salad sit for 10 minutes to meld the flavors.

Notes :

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