

Kale Salad By Cindy Morris

Prep Time: 10 min

INGREDIENTS

Dressing:

1/3 cup olive oil

3 Tbs apple cider vinegar

2 Tbs honey

1 Tbs dijon mustard (or honey mustard)

1/4 tsp EACH: salt AND pepper

Salad:

8 oz of cleaned and shredded kale greens

1 1/2 cups shredded green cabbage (or shredded sprouts or radicchio)

1/4 cup dried cranberries

1/3 cup chopped pecans, preferably toasted

DIRECTIONS

WHISK: combine the oil, vinegar, honey, mustard, salt, and pepper in a mason jar and shake with a lid on or whisk it together in a measuring cup.

TOSS: Add the kale and the green cabbage to a large mixing bowl. Toss with 1/2 the dressing, taste and adjust with additional dressing as desired. Add the cranberries and pecans. Taste and adjust with additional dressing if needed. Let sit for 5-10 minutes before serving so the kale soaks up the dressing.