

Recipe Sweet Kale and Dover Salad

Serves: 1-2

Prep Time: 5 min

Cook Time: 10-20 min

Ingredients:

1 pkg Taylor Farms Sweet Kale
chopped Kit (broccoli, green cabbage,
kale, brussel sprouts, radiccio,
cranberries, pepitas, poppy seed
dressing)

1/4 lb Dover Sole (2-3 fillets per
serving as they are very small)
Olive Oil, salt and pepper to taste

Directions:

Divide greens in half. Save one half for another
meal or use the whole kit for two servings.
Add olive oil to a skillet. Over medium heat
add the greens and cook to desired softness.
Place on a serving dish and cover. Add more
olive oil to skillet and place filets with salt
and pepper. Filets will cook quickly. Remove
from skillet and lay on top of the greens.
Drizzle with Poppy Seed Dressing from the kit
over the top. Sprinkle with cranberry mix.

**Virtually +
Delicious**
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