



Kale Salad with Apples and Cheddar

4 cups curly kale or Russian kale – rinsed, destemmed and finely chopped or slivered
2 T almonds – coarsely chopped and toasted
1 apple – sweet one like Fuji, Gala, Braeburn or Pink Lady. Cored and cut in 1/4 inch dice
1 ounce sharp cheddar cheese – cut in 1/4 inch dice
2 T fresh lemon juice
Salt to taste

1 very small garlic clove – pureed
5 T extra virgin olive oil
2 T freshly grated parmesan

Combine the kale, almonds, apple and cheddar cheese in large bowl.

Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad and toss well. Sprinkle the parmesan cheese over the top and serve.

Tip – This salad benefits from tossing with the dressing about 15-30 minutes before you serve it. The kale will soften in the dressing.