



Kale-idoscope Salad

Adapted from cookusinterruptus.com

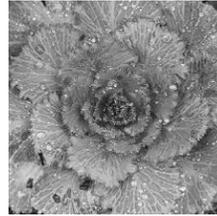
Ingredients:

- 1 large bunch kale
- Other salad greens
- 1/2 teaspoon salt
- 1/3 cup sunflower seeds, toasted
- 1/4 cup diced red onion
- 1/3 cup dried cranberries
- About 3/4 cup diced apple or pear
- Shredded cheese

Harvest Apple Dressing:

- 2 Tablespoons apple juice
- 2 Tablespoons apple cider vinegar
- 6 Tablespoons vegetable oil
- Black pepper to taste

Combine all dressing ingredients and mix thoroughly



1. De-stem kale by pulling leaves off stem. Wash leaves and spin or pat dry. Stack leaves, rollup and cut into thin ribbons.
2. In a large mixing bowl, combine kale and salt. Massage with hands for two whole minutes, until the volume of kale is reduced by about 1/3.
3. Toast sunflower seeds in a dry skillet over medium heat, stirring constantly for a few minutes.
4. Drain any excess liquid from kale, then stir in additional greens, onion, cranberries, apple, and toasted sunflower seeds. Toss with dressing, then top with cheese.



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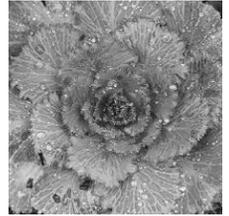
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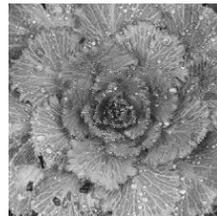
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