

## The Best Kale Salad

### Ingredients:

- Fresh Lacinato kale (2 bunches)
- Fresh curly kale (2 bunches)
- Two large Honeycrisp apples, diced small (toss with lemon juice to preserve color)
- 1/2 of a red onion, finely chopped
- Heaping cup of nuts (pecans, walnuts, or almonds) chopped into small pieces
- 1 cup sweetened dried cranberries
- 1 cup feta cheese, crumbled

### Sweet Apple Dressing

**Toss ingredients in the blender and pulse until blended. Store in an airtight jar. Use within two weeks.**

- 1 Honeycrisp or other sweet apple, cored and coarsely chopped
- 1/4 red onion, peeled and coarsely chopped
- One tablespoon honey
- One tablespoon of mustard powder
- 1/4 cup white wine vinegar
- Two tablespoons of apple juice
- 3/4 cup olive oil
- One tablespoon of lemon juice
- 1/4 teaspoon salt

### Directions:

1. Soak the kale leaves to remove garden grit or tiny hitchhikers, then chop them into bite-sized pieces.
2. Mix the kale with the desired amount of dressing in a large bowl. Use your hands to gently rub the dressing into the leaves to massage the kale effectively.
3. Add apples, onions, nuts, cranberries, and feta to the bowl.
4. Toss salad until ingredients are well mixed and coated.
5. Serve a heaping portion as a standalone meal, or pair it with your favorite protein for a more filling meal.
6. Refrigerate leftovers in an air-tight container to keep fresh for up to 4 days.