

Easy Kale Salad with Lemon Dressing

Ingredients

- 5 cups chopped kale
- 2 tsp. olive oil
- 1/8 tsp. salt
- 2 cups broccoli (chopped)
- 1/2 cup sliced almonds
- 1/2 cup cheese (optional, cheddar or feta work great here!)
- 1/2 cup shredded carrots
- 1/4 cup diced red onion
- 1/4 cup sunflower seeds
- 1/4 cup cranberries

Lemon Dressing

- 1/4 cup olive oil
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. red wine vinegar
- 1 Tbsp. Dijon mustard
- 1 clove garlic (minced)
- 1/2 tsp. dried oregano
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper
- 1 tsp. honey (or sugar adjust + add to taste)

Directions

1. First make your dressing by combining ingredients above in a lidded mason jar then shake well to emulsify. Dip a kale leaf in the dressing and adjust sweetener, salt, and pepper to taste. You can make this dressing as sweet or tart as you'd like.
2. Next massage your chopped kale with a little olive oil and a pinch of salt. Rub with your fingers until leaves begin to darken and tenderize. This makes it taste great and gives the kale a silky texture.
3. In a large bowl, combine massaged kale, broccoli, almonds, cheese, carrots, onion, sunflower seeds, cranberries. Shake your dressing once more and pour about $\frac{1}{3}$ of the dressing over the salad. Toss to coat and add extra dressing, to taste.



SIMPLE RECIPE