

Hail Kale Salad

What You Need:

1 medium bunch kale, stems removed, chopped small

½ cup crumbled feta or soft goat cheese

½ cup chopped or small nuts: walnuts, pine nuts, pecans, almonds

½ cup dried fruit: cranberries or tart cherries

2 Tbsp lemon juice

2 Tbsp olive oil

Salt to taste

What You Do:

1. Wash and dry the kale thoroughly.
2. In a large bowl, pour olive oil onto the kale, and rub the oil into the leaves.
3. Mix in the remaining ingredients, folding in the cheese gently.
4. Salt to taste.

Serves 4-6.

Variation: Try bleu cheese! Use Satsuma oranges! Kale is a very forgiving vegetable.