



## **JUNK FOOD FRIDAY!**

### **INGREDIENTS:**

Fresh tomatoes - cut however you like!

Fennel - cored and then thinly sliced

Red onion - thinly sliced

Kale - I cut this thinly, and the cross-cut it - and then I wash and spin

Walnuts - chopped

### **DRESSING:**

1 TBS. Extra virgin Olive Oil

1 TBS. Bragg's Apple Cider Vinegar

Sea Salt and Pepper to taste

Chopped Parsley

### **DIRECTIONS:**

I placed all of my salad ingredients in a mixing bowl, poured on the olive oil and vinegar, added a dab of salt and pepper and then tossed it gently.