



KALE, CRAISIN, & WALNUT SALAD

INGREDIENTS:

Kale! If you look at this picture closely, you should see the kale is chopped up finely. I layer or bunch several leaves together, then chop it as fine as I can, and then I cross chop it. And into the salad spinner it goes for a good wash and spin.

Craisins - depends on how big a salad you're making -

Walnuts - chopped

Red onion - slivered

Parmesan cheese - just a touch!

DRESSING:

7 TBS Balsamic - white is prettier on this

1 TBS Honey

1 TBS Rice Wine Vinegar

1 TBS Olive Oil

Salt and Pepper to taste

DIRECTIONS:

Prep your kale and throw it into a salad or mixing bowl

Add in your raisins, walnuts, and onions

Prepare your dressing by simple mixing in the ingredients and stirring well.

Add to the greens and toss well. This can sit for a few minutes to soften the kale.

Just prior to serving, toss in the parmesan cheese. I prefer shaved for this dish, but didn't have any, so I opted for grated. I used a minimal amount.

On the backside of this dish, you'll see I added in a little leftover roast chicken as we do animal protein here. this is a great side salad, or, it could easily be a main dish, as we've enjoyed here.