

COLORFUL KALE SALAD

from food52.com

INGREDIENTS

1 bunch kale (any variety)
¼ cup extra virgin olive oil
2 teaspoons salt
2 tablespoons apple cider vinegar
1 diced apple
half a red onion, minced
1 cup crumbled feta cheese
1 cup toasted sunflower seeds
1 cup currants or dried cranberries

METHOD

Rinse, dry and de-stem the kale.

Stack a few kale leaves at a time atop one another, roll into a cylinder and then cut into strips and put in a large bowl.

Add the olive oil, vinegar, and salt to taste to the sliced kale. Using your hands, work the dressing into the kale for about 2 minutes (The more you massage it, the more tender the leaves. The younger and more tender the kale, the less they will need.)

Add the remaining ingredients, toss together and enjoy!