



KALE SALAD



INGREDIENTS:

- 1 bunch curly kale (washed, deveined, dried)
- 1 clove garlic (minced)
- Juice of 1/2 lemon
- 4 Tbsp extra virgin olive oil
- Pinch Himalayan salt
- 2 Tbsp cranberries
- 1/8 c. walnut pieces (toasted, roughly chopped)
- 1/8 c. parmesan cheese (shredded or grated)



DIRECTIONS:

1. Cut kale leaves into bite size pieces and place in bowl until ready to use.
2. Mix garlic, lemon juice, olive oil, salt, and pepper in a small bowl until well combines. Pour over kale and massage leaves so that dressing is well incorporated.
3. Add cranberries, walnuts, and parmesan cheese to kale and toss well.
4. Chill in fridge until ready to serve.
5. Enjoy!

*Note may substitute curly kale with lacinato kale (2 bunches instead) and walnuts with pecans