



WINTER KALE SALAD

WITH DIJON DRESSING

INSTRUCTIONS

For the dressing:

- 01 Whisk together the apple cider vinegar, maple syrup, dijon mustard, salt, and black pepper in a large bowl.
- 02 Slowly whisk in the olive oil until thick and emulsified, about 30 seconds.

For the salad:

- 03 Wash kale and remove the stems. Roughly chop the kale into small, bite-sized pieces.
- 04 Use your hands to "massage" the dressing into the kale, until the kale is soft and tender, about 1 minute.
- 05 Add sliced apples, almonds, crumbled goat cheese, and red onion to the kale and toss to combine.



INGREDIENTS

- 2 T apple cider vinegar
- 2 T maple syrup
- 1 t dijon mustard
- 1 t kosher salt
- 1/4 t black pepper
- 1/4 cup extra virgin olive oil
- 1 lb. kale
- 1 apple, cored and thinly sliced
- 1/2 cup roasted, sliced almonds
- 4 oz. soft goat cheese
- 1/4 cup red onion, thinly sliced

PREP TIME

- Prep | 25 m
- Ready in | 25 m
- Serves | 4