

Dinah's Kitchen

Kale Salad

- 2 bunches Kale - about 8 cups chopped
- 6 green onions - chopped
- 1/2 cup dried cranberries
- 1/2 cup chopped nuts
- 1/2 teaspoon sea salt
- 1/2 cup fresh lemon juice and bit of zest
- *option* 1/4 cup crumbled goat or feta cheese

Clean and coarsly chop kale cutting off most of the thick stiff stem.
Combine above ingredients. Add desired amount of dressing.
Good for several days when refrigerated.

Dressing: Combine

- 2 Tablespoons honey -or more to taste
 - 1/4 cup apple cider vinegar
 - 1/4 cup grapeseed oil
 - 1/4 cup olive oil
- Season with additional salt and lemon juice as needed