

Autumn Kale Salad

Healthy Cooking

Here's What You Need:

- 1 bunch kale
- 1 medium honeycrisp apple, in bite size pieces
- 1 small bulb of fennel thinly sliced with mandoline
- 3 oz crumbled feta
- 1/3 c dried cranberries or rasins
- ¼ c pepitas

Dressing

- 2 Tbsp olive oil
- Juice from ½ lemon – about 2 Tbsp
- 1 tsp lemon zest
- 1 Tbsp maple syrup
- 2 tsp Dijon mustard
- Salt and pepper

Steps

1. Wash and dry kale thouroughly. Remove leaves from tough stems. Add to bowl and sprinkle with salt. Massage.
2. Roast pepitas over med-low for 3-4 mins
3. Combine salad ingredients
4. Whisk together salad ingredients
5. Drizzle dressing over salad and toss
6. For best flavor, allow flavors to sit 10 mins before serving

