

## **Kale Salad**

1 bunch of curly kale, washed, and stems removed (fold kale leaves in half and cut off stems)

1/2 teaspoon of coarse salt

3/4 cup peeled apple, cut into bite-sized pieces

1/3 cup dried currants (or raisins or raisins)

1/4 cup diced red onion

1/3 cup sunflower seeds

Dressing: 1/4 cup olive oil whisked together with 2 tablespoons cider vinegar

1/3 cup crumbled Gorgonzola cheese or feta cheese

“Massage” kale with salt for 2 minutes. Very important step!! As you are doing this, you can tear kale into smaller pieces. Add to salad: apples, currants, onion, and sunflower seeds. Toss with dressing. Usually you should put on dressing right before serving. But with this salad, it tastes better if dressing is put on an hour or so before. Add cheese.