

Kale & Apple Salad

Source: Ellen Siegel, inspired by Food Network

Servings: 4-6

Ingredients:

- ¼ cup Marie’s Lemon Herb Vinaigrette Dressing
- kosher salt or sea salt
- 1 bunch kale (curly or lacinato), ribs removed, leaves very thinly sliced
- 1/4 cup pitted dates, sliced
- 2 apples – use crunchy varieties like Gala or Honeycrisp
- 1/4 cup slivered almonds, toasted
- 1 ounce (1/4 cup) pecorino, finely grated (optional)
- freshly ground black pepper

Directions:

1. Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
2. While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

Note:

Instead of dates, try raisins, currants, Craisins, dried blueberries or dried cherries.