

Kale & Apple Salad

Total: 30 min. Active: 20 min. Yield: 6 servings.

Nutritional Information Per Serving

Calories: 151. Total Fat: 8.5g. Carbs: 17g. Protein: 5g.

Ingredients

- 3 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- Salt and pepper
- 1 bunch kale, ribs removed, leaves thinly sliced
- 1/4 cup dates
- 1 Honeycrisp apple
- 1/4 cup slivered almonds, toasted
- 1 ounce Pecorino, finely grated, or other hard cheese

Directions

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.

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.

