

C+S Kale Salad

INGREDIENTS

- Local, Organic Kale, stems removed 4 cups
- Citrus Vinaigrette, recipe follows 2-3 oz.
- Feta cheese, crumbled ¼ cup
- Organic Honeycrisp apples 1 each
- Marcona Almonds ¼ cup
- Salt and freshly ground pepper To Taste

METHOD

1. Using your hands, roughly squeeze the kale. Bruising the leaves helps improve the texture and flavor of kale.
2. Combine with dressing, adjusting based on your taste. Season with salt and pepper as needed.
3. Divide into two bowls.
4. Cut apple, removing seeds and core, and slice. Divide between both bowls.
5. Garnish with feta and almonds.



Citrus Vinaigrette

INGREDIENTS

- 100g. Freshly squeezed lemon juice ½ cup
- 200g. Neutral oil* ½ cup
- 50g. Bare Solar Honey ¼ cup
- 55g. Dijon Mustard ¼ cup

METHOD

1. Combine all ingredients in a large crock or deep bowl.
2. Using a stick blender or food processor, combine until emulsified.
3. Season to taste with Salt and Pepper, balance flavor with oil and honey.
4. Cool and store for up to 7 days.

*Neutral oil – We use a blend of olive and canola oil for our vinaigrette. Feel free to use grapeseed, safflower or soy oil as well.

