



Kale-Dorf Salad

*from Hanna, Sharon: "The Book of Kale: the easy-to-grow superfood."
Harbour Publishing Co. Ltd., Mardeira Park BC, 2012.*

1 L (4 cups)	kale leaves in chiffonade
250 mL (1 cup)	tart apple, unpeeled, chopped
30 mL (2 tbsp)	dried cranberries, chopped
250 mL (1 cup)	celery, sliced thin
60 mL (¼ cup)	walnuts, lightly toasted and chopped
60 mL (¼ cup)	dates, chopped fine

Dressing	
5 mL (1 tsp)	sugar
15 mL (1 tbsp)	lemon juice
15 mL (1 tbsp)	white wine vinegar
30 mL (2 tbsp)	olive oil
	pinch of black pepper
30 mL (2 tbsp)	mayonnaise

Toss kale, chopped apples, cranberries, celery, walnuts and dates in a salad or serving bowl. In a small bowl, whisk the dressing ingredients well, then pour over the salad, mixing well. Allow the salad to sit for 5 minutes or so before serving to allow the kale to relax.

2 generous servings