

# Kale Salad with Pomegranate Seeds and Apple

Gluten Free, Dairy Free, Vegan, Paleo

4 servings

2 bunches kale (about 5 cups), stalks removed and discarded, leaves thinly sliced

2 Tb lemon juice

1/4 cup extra-virgin olive oil

1/2 tsp Celtic Sea Salt

1 teaspoons raw honey

1/4 tsp mustard

Freshly ground black pepper

2 Tb pine nuts, pan roasted (optional)

1/2 cup pomegranate seeds

1/4 cup apple peeled and chopped into pieces the same size as the pomegranates

- Put kale in bowl, add 1/4 tsp salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
- In a small bowl, whisk the lemon juice with remaining 1/4 tsp salt, the honey, mustard and freshly ground black pepper. Slowly pour in 1/4 cup of oil while whisking with a fork until a dressing thickens a little.
- Mix the apples and pomegranates into the kale.
- Pour just enough dressing over the kale to moisten. Toss, taste, add more dressing if needed. You may have dressing left over depending on how moist the kale is.
- Serve garnished with pine nuts.