

Lemony Kale Salad

Salad

5 cups chopped kale (red or green kale, washed, dried, and chopped)
1-1/2 cups broccoli florets (short stems)
½ cup chopped raw carrots
½ cup diced red onion
½ cup dried cranberries (or golden raisins)

Dressing

¼ cup sunflower oil
2 tablespoons fresh lemon juice
2 tablespoons red wine vinegar or apple cider vinegar
1-1/2 tablespoons good Dijon mustard
1 or 2 cloves minced garlic
1-1/2 tablespoon honey
Salt and pepper



In large bowl, combine all of the salad ingredients.

Mix the salad dressing ingredients together and adjust honey, salt, and pepper to taste. Pour half of the dressing on the salad, mix, and taste. Add more dressing if needed.

I've also substituted the carrots for apples and celery, and it's scrumptious.

Delicious and healthy!