



#### **KALE SALAD INGREDIENTS:**

- Lacinato or curly kale
- Topping suggestions: crumbled feta, slivered almonds, dried cranberries, mandarin oranges (but anything goes!)

#### **DRESSING INGREDIENTS:**

- 1/2c. Trader Joe's orange muscat vinegar (if you don't have this then just use white wine, red wine, or champagne vinegar)
- 1/3c. red wine vinegar
- 1/4c. olive oil
- juice of half or whole lemon (to taste)
- 1 clove of garlic, passed through garlic press or grated on a microplane
- 1T Whole Grain Dijon mustard
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- 1T Agave nectar
- kosher salt
- fresh ground pepper

#### **PREPARATION:**

- Remove ribs from kale and chop into 1-2" squares
- Assemble all dressing ingredients in a jar and shake vigorously to mix.
- Pour dressing onto kale and massage with hands to fully cover each leaf.
- Cover bowl and put in refrigerator to marinate at least 3 hours, or overnight.
- Immediately before serving add toppings and toss.
- Eat, drink, and be merry!