

Holiday Kale Salad

Prep Time: 10 minutes

Servings: 4-6



The Ingredients

- 6 ounces kale
- ½ cup walnuts, halved
- ½ slivered almonds
- 1 cup strawberries, halved
- 4 ounces crumbled goat cheese
- 1 Granny Smith apple, diced
- 2 tbsp maple syrup
- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- ⅓ cup extra virgin olive oil
- Salt and pepper to taste

Directions

- Place the kale in a large salad bowl and top with strawberries, apple, walnuts, almonds and goat cheese.
- For the dressing, combine the maple syrup, dijon mustard and apple cider vinegar in a measuring cup. Slowly whisk in the extra virgin olive oil until the vinaigrette begins to emulsify. Add salt and pepper to taste.
- Pour the dressing over the salad (a little goes a long way) and toss before serving.