



Kale Salad

By: Laura Krause-Emerick

Ingredients

- **Windy Drumlins** Curly Kale – finely chopped (about 4 cups – half a bag)
- 2-4 Tablespoons **Windy Drumlins** Hickory Nuts (If you prefer a sweet salad, you could sugar the nuts)
- **Windy Drumlins** Nasturtium Leaves (optional) – finely chopped
- 1 Sweet Apple – Diced and mixed with 1 Tablespoon lemon juice
- 1-ounce sharp cheddar cheese
- 3 Tablespoons fresh squeezed lemon juice
- **Windy Drumlins** Honey – 1 ½ Tablespoons
- 1 small garlic clove – pureed or 1 teaspoon garlic salt
- 5 Tablespoons extra virgin olive oil
- 4 Tablespoons grated Parmesan cheese
- Optional additions: pear, celery, grapes, dried cranberries

Directions:

1. Combine Kale, hickory nuts, apple and cheddar cheese in a large bowl
2. Mix together thoroughly the remaining lemon juice, garlic, olive oil, and honey. You may need to whisk together.
3. Pour the liquid mix over the salad mix and toss thoroughly.
4. Add the grated parmesan and stir together.
5. Let sit for 20 or 30 minutes to soften the kale.
6. Serve and enjoy!