

## **Kale Salad with Apple, Cranberries and Pecans**

### **Ingredients:**

#### ***Salad***

½ cup Pecans  
8 ounces Kale (chopped)  
4 to 5 medium Radishes (sliced thinly)  
½ cup dried Cranberries (or dried cherries)  
1 medium Granny Smith apple

#### ***Dressing***

3 tablespoons Olive Oil  
1 ½ tablespoons Apple Cider Vinegar (or White Wine Vinegar)  
1 tablespoon smooth Dijon Mustard  
1 ½ teaspoons Honey  
Sea Salt and freshly Ground Pepper, to taste

### **Directions:**

Preheat the oven to 350 degrees and spread the pecans on a baking tray. Toast them until lightly golden and fragrant, about 5 to 10 minutes, tossing them once or twice to make sure they bake evenly. Remove the tray from the oven and set them aside to cool.

Transfer the kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.

Add radishes to the bowl.

Coarsely chop the pecans and cranberries (or cherries) and add them to the bowl. Chop the apple into small, bite-sized pieces and add it to the bowl as well.

In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated with dressing. Serve immediately, or for even better flavor, let the salad marinate in the dressing for 10 to 20 minutes beforehand.