

Kale Salad, with Cranberries, Feta, and Walnuts

Ingredients:

1 Lg bunch of leafy Kale (about 8 cups chopped leaves)

1 1/2 TB Rice-Wine Vinegar (or Red Wine Vinegar)

1 1/2 tsp minced Green Onions

Sea Salt to taste

6 TB Extra-Virgin Olive Oil

Ground Black Pepper to taste

1/3 cup chopped dried Cranberries

1/3 cup roughly chopped toasted Walnuts

1/3 cup crumbled Feta Cheese

1 TB fresh Lemon Juice



Directions:

Remove and discard stems from the Kale. Wash the Kale and spin or pat dry. Chop Kale in small pieces.

In a separate bowl, whisk together vinegar, onions and salt. Let stand for about 10 minutes. Slowly whisk in olive oil, pepper and more salt if needed to the vinegar mix. Pour over kale and toss well. Add cranberries, walnuts, feta and lemon juice. Serve immediately or refrigerate for up to 3 days.