

# Kale, Apple and Walnut Salad



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Recipe by: Laura Vitale

*Serves 2 to 4, depending on appetite*

**Prep Time: 10 minutes**

**Cook Time: minutes**

## Ingredients

### Dressing:

- 1/4 cup of Extra Virgin Olive Oil
- 1 tsp of Whole Grain Mustard
- 2 Tbsp of Champagne Vinegar
- 1/2 tsp of Honey
- Salt and Pepper

### For the Salad:

- 1 Bunch of Kale, leaves removed from the stem and leaves cut into bite size pieces
- 1 Granny Smith Apple, peeled and sliced
- 1/4 cup of Toasted Chopped Walnuts
- 1/2 cup of Goat Cheese Crumbles
- Salt and Pepper, to taste

1) To make the dressing, add all the dressing ingredients in a jar, close it tightly with a lid and shake for about 30 seconds, set aside.

2) Add the freshly washed and trimmed kale leaves to a large bowl, add about one tablespoon of olive oil and using clean hands, massage the kale (kind of scrunching it in your hands) for about 1 minute.

3) Add the slices of apple, toasted walnut, touch of salt and pepper and the dressing. Give everything a good gentle toss and right before serving, top with the goat cheese crumbles.

