

Melt In Your Mouth Kale Salad

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Serves: 2

Ingredients

1 bunch of curly or dinosaur kale, stems removed, rinsed and patted dry

1/3 cup currants (or chopped raisins)

juice of one lemon (about 3 tbsp)

1 tbsp of extra virgin olive oil

1 tsp local honey

1/2 cup pine nuts toasted (or walnut pieces)

salt and pepper to taste

4 tbsp grated raw parmesan cheese

Instructions

1. In a food processor, process kale into small chopped pieces or chop by hand or cut with scissors

2. To make dressing, stir lemon juice, olive oil, honey, salt and pepper together in a large bowl

3. Add chopped kale, currants, pine nuts and parmesan to bowl with dressing

4. Stir all ingredients together and serve

(Optional - Save some pine nuts and/or parmesan cheese for top of salad before serving for presentation purposes)

****Choose all organic ingredients if possible****

Recipe by Food Babe at <http://foodbabe.com/2013/05/08/melt>