

Kale Salad with Nuts and Dried Berries

Here's a crowd-pleasing healthy recipe that is great for potluck holiday parties.

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Ingredients:

- 1 bunch organic kale
- 2 bulbs endive (sliced)
- 1 cup shredded purple cabbage
- Juice of one lemon
- 3-4 TBS (approx.) extra virgin olive oil
- Sea salt to taste
- Garnish with pistachios and dried cranberries (or sliced almonds and dried cherries)

Directions:

1. Separate the kale leaves from the stems and tear the leaves into smaller, bite-sized pieces. Place the kale in a large bowl. Add lemon, olive oil and salt and massage leaves by hand until soft and resembling a "cooked" appearance. The acid and salt will help break down the fibrousness of the kale.
2. Thinly slice the endive and red cabbage and add to the bowl of kale.
3. Garnish with your favorite nuts and dried berries.