



# Kale Apple Cheddar Salad

## **INGREDIENTS**

4 cups very finely chopped kale  
2 tablespoons toasted slivered almonds  
1 apple, cored and cut in 1/4-inch pieces  
1 ounce sharp Cheddar cheese, cut in 1/4-inch pieces  
2 tablespoons fresh lemon juice  
Salt to taste  
1 small garlic clove, puréed  
5 tablespoons extra virgin olive oil  
2 tablespoons freshly grated Parmesan

## **DIRECTIONS**

1. Combine the kale, almonds, apple and Cheddar in a large bowl.
2. Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Let the salad set with the dressing for 15 minutes before serving.
3. Sprinkle the Parmesan over the top and serve.