



Apple – Tuscan Kale Salad

Ingredients

- 1 bunch of Kale, washed and shredded
- 2 apples
- Lemon juice
- Sea or kosher salt
- Chopped Walnuts
- 1 Bottle of Deb's Dressing

Directions

Take the shredded kale, sprinkle some sea salt and toss with dressing and let sit for about an hour so kale becomes tender.

Chop the apples and drizzle with lemon juice and toss to mix together.

Add apples and walnuts to tossed kale and mix all together.

*Of course go ahead and add a little goat cheese or feta if you like!