



Crunchy Kale Salad

Toss together a crunchy and satisfying kale salad this spring.

You will need:

Crunchy Kale Salad - Serves 6

1 Bunch of Kale Leaves (about 8 – 12)

1 Head of Broccoli

1 cup of shredded carrots

1/4 lb of sugar snap peas or snow peas

Fresh Cilantro

For the Dressing:

Olive Oil

Apple Cider Vinegar

Salt and Pepper



- 1) Wash all the vegetables.
- 2) Chop up the kale into thin slices, especially when using bigger leaves which are sometimes tougher. Eat the stems and middles.
- 3) Chop up the broccoli head into tiny florets and discard the stalk.
- 4) Cut sugar or snow peas into bite size pieces.
- 5) Place all chopped up ingredients to a large mixing bowl
- 6) Add shredded carrots and a small amount of fresh cilantro.
- 7) Add 2 tablespoons of olive oil and 1 table spoon of apple cider vinegar, salt and pepper to taste and mix all ingredients together.
- 8) Serve immediately!

