



RECIPES

Kale Salad, *From: Donna Stack*

Easy to make – Healthy Kale Salad. Perfect for picnics, BBQ's,

Kale Salad Directions

- Top chopped kale with pine nuts and Parmesan.
- Mix all other ingredients in small bowl to make dressing.
- Pour over kale and mix.
- Add more Parmesan if desired.

Kale Salad Ingredients

- 8 oz (or more) chopped kale
- 2 T. pine nuts
- parmesan cheese shavings, to taste
- 2 T. olive oil
- 1 T lemon juice
- 1 t. honey
- salt to taste

Thanks for another great recipe, Donna Stack!