



Kale Salad:

Recipe Developed by Gary Giberson CEC

Yields: about 8- 4oz Portions

Ingredients:

3 Bunches of chopped Green Flowering Kale or Black Tuscan Kale
1 Tablespoon of Minced Garlic
1/2 Cups of julienned Reconstituted Sundried Tomatoes
1/2 Cups of crumbled Feta Cheese
1/2 Cups of julienned Dried Apricots
1 Lemon Juiced
3 Tablespoons of Olive Oil
1 tsp of kosher Salt
1 Tablespoon of Red Pepper Flakes

Method:

Wash kale very well and dry. In a large mixing bowl add kale, salt, and lemon juice, toss well, kale will turn dark green. Add all other ingredients and mix well. Can be served immediately or refrigerate until time of service. Can be prepared in advance and held for three days.