



Kale and currant salad

Recipe from Megan Layton

Ingredients

- 1 bunch kale
- 1 t or less sea salt
- 1/4 red onion, diced
- 1/3 cup currants
- 3/4 cup apple, diced
- 1/2 cup sunflower seeds, toasted to light brown
- 1/4 cup olive oil
- 2 T unfiltered apple cider vinegar
- 1/2 gorgonzola cheese, crumbled

Method

1. Wash and de-stem the kale leaves.
2. Stack, roll up the kale leaves and cut into thin ribbons. Put the kale into a large bowl, sprinkle over salt and massage it into the leaves for about 2 minutes.
3. Stir in onion, currants, apple, seeds into the kale.
4. Dress with oil and vinegar and adjust seasonings. Toss in the cheese.

Keeps for days!