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PALEO RECIPE

KALE SALAD *with homemade dressing*

25 minutes / 2 servings

FOR SALAD

- 1 bunch of kale
- ½ red onion, chopped
- ½ - ¾ cup sliced almonds

FOR DRESSING

- ¾ cup olive oil
- ¼ cup red wine vinegar
- 1 T garlic, minced
- ½ T red pepper flakes
- 1 T apple cider vinegar
- 1 T onion powder

INSTRUCTIONS

Remove stems from kale and rinse well. Place in a double boiler and steam for about 2 minutes; or as long as you wish to get the texture you like. If you want a cold salad, transfer kale to bowl and place in freezer for 5-10 minutes. Add chopped red onion and sliced almonds; toss. Mix dressing ingredients together with a whisk; add to salad. Extra dressing can be stored in fridge for a week. Season and enjoy!



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