

Shaved Kale Salad

Fresh Kale finely sliced

Candied Nuts

Goat Cheese

Add any combination of fresh veggies that you might like

Apple Cider Dressing

1 shallot minced

1 fresh apple minced

3 Tbs Dijon Mustard

2 Tbs White Wine

¾ cup apple cider

¼ cup red wine vinegar

¼ cup olive oil

Salt, pepper and garlic to taste

Sautee shallot and apple in a small skillet with 1 Tbs olive oil, til golden brown.

Add 3 Tbs white wine and deglaze pan. Combine all ingredients into food processor and blend until smooth. Adjust salt and pepper to taste.

Combine Kale and any fresh veggies that you like. Drizzle with dressing, top with candied nuts and goat cheese.