



CURLY KALE SALAD

1 medium bunch of curly kale, rinsed and dried a little, rolled in a towel
2 large green onions, chopped
2 small “salad” turnips, sliced (most need to be peeled first)
¼ cup toasted almonds, chopped
¼ cup raisins and/or chopped apples
2 tablespoons, each, honey and lemon juice
¼ cup olive oil
Salt and pepper to taste

Cut out the stems and chop the kale leaves into 1” pieces. Put them in a bowl in the microwave for about a minute (no water, just the dampness on them), stopping half way through to mix them up. Take them out and cover while you mix everything else. Greens should get darker and just a little bit soft.

In a bowl place chopped green onions, thinly sliced salad turnips, almonds and raisins and/or apples.

Mix everything and dress with a mixture of honey, lemon juice, and olive oil. Add a little pepper and some salt to taste. Serve room temperature. Fabulous!

From my friend Norah Kute