



## Kale-idoscope Salad

Adapted from [cookusinterruptus.com](http://cookusinterruptus.com)

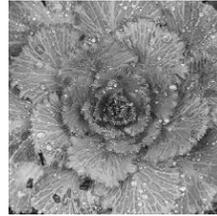
### Ingredients:

- 1 large bunch kale
- Other salad greens
- 1/2 teaspoon salt
- 1/3 cup sunflower seeds, toasted
- 1/4 cup diced red onion
- 1/3 cup dried cranberries
- About 3/4 cup diced apple or pear
- Shredded cheese

### Harvest Apple Dressing:

- 2 Tablespoons apple juice
- 2 Tablespoons apple cider vinegar
- 6 Tablespoons vegetable oil
- Black pepper to taste

Combine all dressing ingredients and mix thoroughly



1. De-stem kale by pulling leaves off stem. Wash leaves and spin or pat dry. Stack leaves, rollup and cut into thin ribbons.
2. In a large mixing bowl, combine kale and salt. Massage with hands for two whole minutes, until the volume of kale is reduced by about 1/3.
3. Toast sunflower seeds in a dry skillet over medium heat, stirring constantly for a few minutes.
4. Drain any excess liquid from kale, then stir in additional greens, onion, cranberries, apple, and toasted sunflower seeds. Toss with dressing, then top with cheese.



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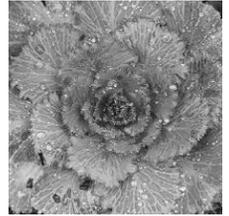
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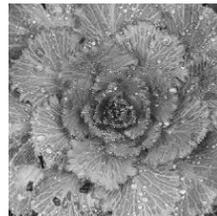
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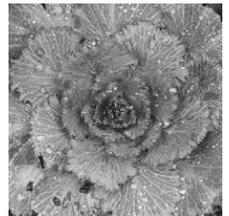
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Your family may be eligible for food benefits through the Basic Food Program. To see if you are eligible, or to apply for benefits, call **(360) 854-7171**.

Family Size	Gross Monthly Income
2	\$2,586
3	\$3,256
4	\$3,926

*\*Use only as a general guideline. This program was funded in part by the USDA Food Stamp Program. Basic Food is available to all regardless of race, color, sex, age, handicap, religion, or political belief.*



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