



Kale Salad

Jacob · 29/09/2024



Prep Time

4

Difficult

Medium

Servings

N/A

Description

Delicious kale tomato salad pairs well with just about everything

Ingredients

- - ½ cup lemon juice - 1 tablespoon canola oil - 1 tablespoon olive oil - 1 teaspoon white sugar - ½ teaspoon salt - ¼ teaspoon ground black pepper - 1 bunch kale
- cut into bite-size pieces - 1 large tomato
- seeded and diced - ½ cup roasted sunflower seeds - ½ cup dried cranberries

Instructions

1. Whisk lemon juice
2. canola oil
3. olive oil
4. sugar
5. salt
6. and black pepper in a large bowl. Add kale
7. tomato
8. sunflower seeds
9. and cranberries; toss to combine.