

# Kale Salad with Fresh Strawberries and Toasted Almonds

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## Ingredients:

9 cups bite-size pieces kale leaves  
Juice of 1 medium orange, divided  
¼ cup plus 1 Tablespoon extra-virgin olive oil  
Pinch of salt  
1 Tablespoon orange zest  
2 teaspoons honey  
Freshly ground black pepper  
1 cup sliced strawberries (or blue, black, or raspberries)  
¼ cup dried currants (or raisins)  
¼ cup slivered almonds or pine nuts, toasted  
¼ cup crumbled feta cheese, if desired (or goat cheese)

## Directions:

Combine kale, half of the orange juice, 1 tablespoon olive oil and salt in a large bowl. Massage kale by scrunching small amounts with your hands, then releasing and repeating. With massaging, kale will soften, somewhat deepen in color and become more fragrant.

Make the dressing by whisking remaining orange juice, orange zest, honey and pepper in a small bowl. Gradually whisk ¼ cup olive oil into the juice mixture to combine well. Set aside.

Pour the dressing over kale. Add strawberries, currants and toasted almonds. Toss gently. Let salad ingredients marinate for 15 to 20 minutes before serving. Top with cheese if desired.

Serves 6

Calories: 220; Calories from fat: 130, Total fat: 15g, Sodium: 120 mg; Total carbohydrate: 21g; Dietary fiber: 4g; Protein: 5g