
KALE SALAD WITH SHAVED BEETS, FETA & TOASTED ALMONDS

Serves 8

2 bundles of kale
1 large golden beet, peeled and sliced paper thin
1 large red beet, peeled and sliced paper thin
½ c. almonds
½ c. crumbled feta
2 Tbsp. fresh dill, chopped
1 clove garlic, minced
1 red onion, peeled and sliced paper thin
3 oz. red wine vinegar
6 oz. extra-virgin olive oil
Salt

Step 1: Place kale, beets and onion in a large mixing bowl and season with salt. Mix and top with vinegar. Set aside. This can be done up to a couple hours in advance.

Step 2: Wisk together the oil, garlic and dill. Toss the oil mixture with the kale, beets and onion. Add feta and almonds. Mix and serve.

Credit: Michael Symon on The CHEW.

