

Kale Salad Ingredients

- 1 bunch [kale](#), stems and ribs removed, chopped
- 1 [Granny Smith apple](#), finely chopped
- 1 [Asian pear](#), finely chopped
- 8 large strawberries, finely chopped
- 1/2 c [blackberries](#)
- 1/2 c [daikon](#), finely chopped
- 2 scallions, finely chopped
- 2 T chives, finely chopped
- 2/3 c [walnuts](#), lightly toasted
- 1/4 c [pumpkin seeds](#), lightly toasted
- 1/4 c [sunflower seeds](#), lightly toasted
- 1/4 c [sesame seeds](#), lightly toasted

Massage or knead the kale in a large bowl to soften the leaves. Remove any tough parts of the ribs that you may have overlooked.

Kale Salad Dressing Ingredients

- 2 T olive oil
- 2-3 T balsamic vinegar
- 1 lemon, juiced
- sea salt
- freshly ground black pepper

Mix the kale with the dressing and refrigerate for several hours.

Add the apple, Asian pear, daikon, scallions, strawberries and chives. Taste test for correct quantities of oil, vinegar, salt and pepper. Scatter blackberries, nuts and seeds on top, before serving.