

Kale Salad

- 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.

Mix the kale with the apple, Asian pear, daikon, scallions, strawberries and chives.

Kale Salad Dressing Ingredients

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

Toss with dressing ingredients, taste testing for correct quantities of oil, vinegar, salt and pepper. Scatter blackberries, nuts and seeds on top, before serving.