

## **Kale Waldorf Salad**

- 4 c finely chopped kale, preferably dinosaur kale, stems finely chopped
- 1 large red apple, or 2 small ones, chopped, divided
- 1 c thinly sliced celery
- 1/2 c lightly toasted chopped walnuts, divided into two 1/4 cup portions
- 1/4 c plus 2 tablespoons raisins or mulberries
- 2 T each Dijon mustard, water
- 1 T vinegar, red wine, cider or rice
- 1/8 t sea salt

In a large bowl, combine the kale, half the apple, celery, half the walnuts and 1/4 cup of the raisins or berries.

In a blender, purée the remainder of the apple, walnuts, raisins, mustard vinegar and salt.

Toss the salad with the dressing. Serves 4, but you'll wish you were just 2.

**Jittery Cook**