



Russian New Year kale salad

RECIPE

INGREDIENTS

- 1 large bunch Kale
- 1 medium Pomegranate
- 10-12 Walnuts
- 1 red onion - 1
- salt
- olive oil
- apple cider vinegar

INSTRUCTIONS

- Remove kale leaves from stem
- Rinse, dry, cover with salt for 30 minutes
- Crack walnuts and chop coarsely
- Clean half of a medium sized pomegranate so seeds are ready to pop into salad
- Finely chop red onion
- Rinse salt off of kale and dry
- Cut kale into fine ribbons
- Mix all ingredients together and add olive oil and apple cider vinegar to taste

SERVING/NOTES

- Add more walnuts or cubed hard cheese and this can be a complete meal
- Serve as a side with a meat or fish dish
- Store in refrigerator and you can eat this for up to three days
- If you cannot get pomegranate, use apples, peeled and finely slices

Nutrition tip

This is a special treat of a salad at a time of year when color and freshness are most welcome. Kale and pomegranate are both excellent anti-oxidants and sources of fibre plus contain anti-inflammatory properties.