

Kale Broccoli Salad



Trisha's Dishes

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This is the perfect salad to serve for lunch or dinner. The brilliant colors will dress up any table. The variety of textures and flavors will please young and old.

Note: To blend flavors mix salad 10 minutes prior to serving.

Servings: 2

Prep Time: 10 minutes

Chill: ingredients prior to serving

Instructions:

1. Remove stems from kale and tear any large pieces into smaller pieces, refrigerate.
2. Add kale, broccoli slaw, craisins and roasted pumpkin seeds to a salad bowl. **DO NOT TOSS.** Refrigerate.
3. 10 minutes prior to serving thinly slice apple in bit size pieces.
4. Add apple slices to mix greens and toss with dressing. Refrigerate until ready to serve.

Ingredients:

- Kale – 2 handfulls
- Broccoli Slaw – 1 handfull
- Granny smith apple – 1/2
- Craisins – 2 tablespoons
- Roasted pumpkin seeds – 1 tablespoon
- Poppyseed dressing – 2 to 3 tablespoons

To Serve:

- ◇ Serve on chilled salad plates.

Tips: I like Girard's Apple Poppyseed Dressing.