

# KOSMIC KALE SALAD

## Ingredients:

For the dressing (makes 1 cup):

- 1/2 cup olive oil
- 3 tbsp apple cider vinegar
- 1/3 cup orange juice
- 1 1/2 tbsp honey
- Salt + pepper to taste

1 bunch of kale, washed + chopped

## Directions:

Whisk together all ingredients for dressing in a bowl until thoroughly combined. Add more orange juice or honey to sweeten as needed. Then gently massage kale with dressing until leaves are coated. This can be done in bowl or a plastic bag.

## Kale Fun Facts:

- 1 cup of raw kale provides more than 100% of the daily value of vitamins A, C and K.
- Per calorie, kale has more iron than beef and more calcium than milk!
- Kale becomes sweeter after a frost
- Kale has been grown for over 6000 years

