**Curried Kale Salad**

**Ingredients:**

1 bunch kale, wash and dry well, cut out center stem then cut into bite size pieces

1 cup toasted cashews, walnuts, almonds or pecans

½ cup dried cranberries

½ apple, unpeeled, cored and coarsely chopped

Optional: 2 cups finely shredded red cabbage

**Dressing:**

Pour into a blender and blend for about 4-5 seconds:

1 apple,peeled,cored and chopped

2 T apple cider vinegar or rice vinegar

2 t honey

1 clove garlic, minced

1 t curry powder

up to ¼ cup olive oil

salt and pepper

Pour dressing over salad and gently massage it well with clean hands. Allow to sit in refrig for at least 30 minutes for flavors to develop.