

# Carrot, Kale, and Apple Salad

Serves 8



## Ingredients:

### For the dressing:

- 3 Tbsp apple cider vinegar
- 1/2 cup olive oil
- 1 tsp honey or sugar
- 1 Tbsp dijon mustard
- 1/4 tsp salt
- Pinch of black pepper (to taste)
- Fresh dill or other herbs, chopped (optional)

### For the salad:

- 1 bunch kale, ripped or chopped small
- 2 granny smith apples, cut into matchsticks
- 2 heaping cups carrots, grated

## Instructions:

1. Make the dressing: whisk together vinegar, olive oil, honey or sugar, mustard, salt, pepper, and fresh dill (if using) until well combined.
2. In a large bowl, toss dressing over ripped or chopped kale and massage into the leaves for 2-3 minutes.
3. Add the apples and carrots to the bowl and toss to combine.
4. Serve immediately or cover and store in refrigerator for up to 3 days. Enjoy!