

Crazy Kale Salad

1 head of Kale (greener is better) stripped off stems and chopped or sliced

1 red pepper, chopped

1/2 red onion, chopped

1/2 can black pitted olives, sliced

1/2 cup cilantro chopped fine

1/2 cup (or more) feta cheese, crumbled

1 avocado, cut into bite-size pieces, OPT.

Mix above ingredients in a large salad bowl.

(You can chop the onion and red pepper with the dice blade of the Bosch Slicer/shredder)

Dressing:

Here is where we cheat just a little

1/2 jar Lighthouse Blue Cheese dressing/dip

juice of 1 lime

1 tsp. tarragon leaves chopped

Mix dressing and add to salad and let sit at least 1/2 hour. This salad will not wilt and actually gets better tasting with age. I love to eat it the next day and it is just as good.