

Greek Kale Salad

Ingredients

- 1 bunch of Lacinato kale, stemmed and cut into thin slices
- 1 Tbsp of olive oil
- 1/4 tsp of each: Salt and pepper
- 1/4 cup Kalamata Olives, sliced
- 1/4 cup Tomatoes, cut in half (I prefer the Village Marzano Tomatoes from Trader Joes. Any small tomato will do.)
- 1/2 cup Cucumber, peeled and cut into cubes
- 1/2 cup canned Garbanzo beans, drained and rinsed
- 1/4 cup Red onion. diced
- 1/4 cup Feta cheese (I prefer the Goat's milk variety at Trader Joes but any will do.)

Dressing

- 2 Tbsp Olive oil
- 1 TBSP Apple cider vinegar
- A pinch or two of red pepper flakes
- 1 tsp mustard

1. In a large bowl place the kale, olive oil and salt an pepper. Massage the kale for a couple of minutes.
2. Mix in the olives, tomatoes, cucumber, garbanzo beans, red onion, and feta cheese with the kale.
3. Make the dressing. Place all ingredients in a bowl and whisk.
4. Toss the salad with the dressing. Enjoy!