

Cooking for Wellness

Sponsored by:



Baby Kale Salad

Ingredients

- 2 cups baby kale
- 1 cup sliced fresh strawberries
- ¼ cups sliced almonds
- 1/4 sliced red onion
- ¼ feta cheese

Dressing:

- 2 tablespoons extra-virgin olive oil
- kosher salt and pepper
- juice from ½ lemon



Directions

Combine the salad ingredients in a bowl. Squeeze fresh lemon juice over the ingredients, then add kosher salt and extra-virgin olive oil. Season to taste with ground black pepper. Enjoy!