



# Kale Salad

with Goat Feta and Almonds

Makes 4–6 servings ~ \$10.39 (\$2.60 – \$1.73 per serving)

## Ingredients

- 6 Tbsp. olive oil
- 2 tsp. curry
- 1 tsp. cumin
- 2 tsp. honey
- 1/2 – 3/4 cup raw almonds
- 1/2 cup pitted black olives – rinsed if salty
- 1 red bell pepper – seeded, veins removed & julienned
- 1 bunch kale – washed, ripped into bit size pieces
- 1/2 cup crumbled feta – optional (+ \$2 to total cost)

## Directions

1. In a medium bowl, combine half the olive oil, curry, cumin powder and honey. Mix well. Add almonds and toss to coat.
2. Spread almonds on 1/3 of a cookie sheet, olives on a third and red peppers on the remaining third of sheet pan. Roast at 350° for about 10 minutes until almonds are brown and fragrant. Cool a little.
3. While the almonds are roasting, place kale in a bowl. Add salt and pepper to taste (careful to adjust salt if the olives are salty). Massage until softer and “broken down.”
4. Add remaining ingredients, except feta (almonds, olives, peppers), toss and cover with plastic wrap to soften.
5. Remove plastic wrap after 10 minutes or so. Add feta and whatever else you like.

*Recipe courtesy of Tracy Pikhart Ritter*

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