



MOLLY'S ZESTY KALE SALAD

MAKES 8 - 12 SERVINGS

Ingredients:

- 1 bunch kale
- 2 bell peppers (red, orange, or yellow; any combination)
- 3 green onions
- 5 celery stalks (trimmed)
- 5 medium - large carrots
- 1/2 bunch parsley
- 2 cups broccoli florets
- 1 lemon (1/4 cup of lemon juice)
- 1/3 cup olive oil
- 2 Tbsp honey
- 2 Tbsp vinegar (apple cider, rice, white wine, or balsamic)
- 2 Tbsp Fresco Spice Blends - Signature Blendseasoning (ingredients: red bell pepper, garlic, oregano, basil, parsley, paprika, red pepper flakes, and spices)

Directions:

Rinse/clean/peel and dry vegetables. While the kale is drying in a colander (strainer), dice the other vegetables and parsley. Place the diced vegetables and parsley in a separate bowl. Then chop the kale by bunching it tightly together and using a 6" or 8" chef's knife to chop the kale. Place the chopped kale in an extra large bowl and add the diced vegetables and parsley. Now zest the lemon over the salad using a zester/fine grater (add the lemon zest to the salad). Squeeze the lemon and add the lemon juice to the salad. Add the olive oil, honey, vinegar, spices, and mix and fold the salad thoroughly with two large spoons from the bottom to the top, outside and inside to ensure that everything is evenly mixed.