



Frugal -Apple Dijon Kale Salad



Serving: 2



Cook Time: 15 mins



Level: Easy



INGREDIENTS

- Cheddar Cheese 8 ounces
- Olive oil, 1/2 cup
- Garlic, 1 clove
- Apple cider vinegar, 1/4 cup
- Kale, about one bunch or 1/2 lb
- Salt, 3/4 Tbsp
- Granny smith apple, 1 medium
- Pepper, 1/2 tsp
- Dijon mustard, 1 1/2 Tbsp
- All purpose flour, 4 cups
- Raisins, 1/4 cup
- Instant yeast, 1/4 tsp
- Walnut halves, 1/2 cup
- Italian seasoning, 2 Tbsp

PREPARATION

1. Mix well

2. TIPS:

3. The salad recipe makes four BIG portions. If you try to use the containers that are in my photos (found [here](#)) you'll really need to pack the salad in tight to the main compartment. Alternatively, you can use a one compartment dish and just add the cheese on top. The cheese is a great addition to the salad.

4. As I mentioned above, you can either leave this salad undressed in the containers and pack the dressing separately, or pre-dress the salad to help soften the kale a bit. The kale holds up really well to dressing, so it will be fine for 3-4 days.

5. If browning apples bother you, you can toss the apple slices in a 1/2 tsp lemon juice before adding them to the salad. This will slow, but not completely stop, the browning.