



### **Kale Crunch Salad**

*GG copycat of Chick-Fil-A Kale Crunch Side*

- 2 Tablespoons toasted sliced almonds, broken, salted
- 4 cups minced kale, curly type
- 1/2 Tablespoons olive oil
- 1 cup thinly sliced green cabbage

### **Apple Cider Dijon Vinaigrette:**

- 1-1/2 Tablespoon olive oil
- 1 Tablespoon apple cider vinegar
- 1/2 Tablespoon maple syrup
- 1 teaspoon Dijon mustard
- 1/8 teaspoon black pepper
- 1/8 to 1/4 teaspoon salt
- 1/4 teaspoon garlic powder

- In a small pan over medium heat; when hot; add almonds, stirring frequently toast almonds, sprinkle with salt. When cool; break into small pieces.
- In large bowl, add kale and drizzle with 1/2 Tablespoon olive oil. Using your hands, massage oil into kale for about 2 minutes to make it soft and tender. Stir in the thin sliced or shredded cabbage; set aside.
- Combine all vinaigrette ingredients in a container with a lid; shake to combine; drizzle vinaigrette over salad; toss to combine. Let rest about 15 minutes or longer if desired. Before serving, stir in toasted almonds. Yield: Serves 2 to 4

**Cook's Note:** Shredded cabbage mixed with carrots can be substituted. When you prepare the kale, remove the large stems; tear off the leaves; wash several times; spin dry; mince into smaller pieces.

**About the Recipe:** Curly kale and shredded cabbage are tossed with a mild apple cider Dijon mustard vinaigrette, and sprinkled with crunchy toasted, slightly salted almonds. It's a healthy, flavorful salad full of fresh and nutritious ingredients.

**Kale Crunch Side - Chick-fil-A Bright and Just Right**

Each salad is prepared fresh daily and features kale and green cabbage tossed with an Apple Dijon Dressing and includes a package of salted, crunchy roasted almonds for an optional topping.

For More Information See:

<https://www.chick-fil-a.com/menu/sides/kale-crunch-side>

<https://www.chick-fil-a.com/customer-support/our-food/our-menu/when-and-where-is-the-kale-crunch-side-available>