



*cara price*

## BRUSSEL & KALE SALAD

### INGREDIENTS

- 4 cups, finely chopped kale, stems removed
- 3 cups finely chopped brussels sprouts
- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- garnish: spiced pecans & dried cranberries

### DIRECTIONS

place the chopped kale & brussels sprouts into a large glass bowl with a tight fitting lid.

in a small bowl, whisk together olive oil, vinegar, honey, salt & pepper.

drizzle dressing over kale & brussels & toss well. cover & refrigerate 45 minutes before serving.

serve with a grilled chicken breast & garnish with spiced pecans & dried cranberries