

Kale Apple Slaw with poppy seeds

1-lb flat leaf kale (I used both curly and flat leaf kale)
2 medium sour apples, granny smith is best but use whatever apple is available

Shred kale with sharp knife. Thinly slice the apples (matchstick style is best if you have a mandolin or food processor)

Sauce/dressing

3 tablespoons good quality organic apple cider vinegar
2 tablespoons honey or maple syrup (I used honey)
2 teaspoons Dijon Mustard
1 1/2 tablespoons poppy seeds
1/4 teaspoon sea salt
Freshly ground pepper to taste
3 tablespoons olive oil
1/3 cup finely diced shallots, red, yellow or green onion

Put ingredients in a small sauce pan and whisk together. Heat; no need to cook or even boil, you just want it to be hot so it will wilt and soften the kale a bit.

Pour over the kale and apple mixture mix to insure all is coated well. Let set in fridge for at least 1 hour before serving.

Option # 2

Toasted sesame seeds could easily replace the poppy seeds) Yum!