

*Mitaege's*

## **Tuscan Kale Salad**

- 1 bunch kale (approx. a half pound)
- ½ cup shredded carrots
- ½ cup sundried tomatoes, thinly sliced
- ½ cup toasted pine nuts
- ½ cup shredded Parmesan cheese
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

1. Remove stems from kale and cut into thin julienne strips.
2. Toss kale with shredded carrots, sundried tomatoes, parmesan cheese and pine nuts.
3. Make dressing by whisking together balsamic vinegar, olive oil, salt and pepper.
4. Pour dressing over salad ingredients, toss to combine.