

RECIPE | TOMATOES

# TOMATO KALE SALAD



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## INGREDIENTS

### For the Salad:

- 1 pint Pure Flavor® Juno Bites Red Grape Tomatoes, quartered
- 4 cups kale, thinly sliced
- 4 cups red cabbage, thinly sliced
- 1 cup parsley, chopped
- 1 Granny Smith apple, cored and diced
- 4-5 leaves of mint, minced
- ½ cup roasted almonds, roughly chopped
- 1 pomegranate, seeds only

### For the Dressing:

- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 1 tsp water
- 1 pinch salt and pepper

## DIRECTIONS

1. Slice tomatoes into quarters. Chop kale, cabbage, parsley, apple, and almonds to desired thicknesses.
2. Mix all salad ingredients in a large bowl.
3. Mix all dressing ingredients in a bowl and stir into salad.



### TOTAL TIME

10 minutes

### PREP TIME

10 minutes

### COOK TIME

N/A

### SERVES

4

### COOKING LEVEL

Easy