

**TOTAL TIME**

10 minutes

PREP TIME

10 minutes

COOK TIME

N/A

SERVES

4

COOKING LEVEL

Easy

RECIPE | TOMATOES**TOMATO KALE SALAD****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.

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