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## Kale Salad

<https://www.foodnetwork.ca/recipe/kale-salad/14282/>



*The perfect mix of sweet and tart, this kale salad recipe with grapes, hazelnuts and scallions is our ultimate go-to for lunch. Courtesy of Renee Reardin.*



PREP TIME: 10 minutes

TOTAL TIME: 10 minutes

### Ingredients

- 8 cup dinosaur kale, chopped (ribs removed) Also called Tuscan kale, Italian kale, Lacinato kale) Any kale can be used.
- juice of 1 lemon
- ¼ cup extra virgin olive oil
- ¼ cup scallions, chopped.
- ¼ cup hazelnuts, chopped.
- ½ cup grapes, sliced coarse.
- salt and ground black pepper.

### Instructions

In a large bowl, whisk lemon juice and olive oil, then add kale.

Toss to coat, then add scallions, hazelnuts, and grapes.

Season with salt and pepper and toss again before serving.