

Char's Autumn Kale Salad with Dried Cranberries & Bermuda Onions

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 30 minutes

Step 1: Prepare the Salad

- 1 large bunch kale, stems removed and leaves finely chopped and massaged (about 6 cups)
- ½ cup dried cranberries
- ½ small Bermuda onion, thinly sliced into half-moon slices
- 1/2 cup toasted pumpkin seeds
- Ranch Dressing*

Prepare the kale: Wash, dry, massage and finely chop the kale into bite-sized pieces. Place in a large bowl.

Assemble the salad: Add the dried cranberries and sliced Bermuda onions to the kale.

Toss with Ranch Dressing until evenly coated.

*Note: Either one of these Ranch Dressing recipes will work for this salad:

Ranch Dressing (Oil-Free)

Creamy Vegan Ranch Dressing

Sprinkle toasted pumpkin seeds on top just before serving. Add extra cranberries, if you wish.

Enjoy immediately, or let it rest for 15–30 minutes so the flavors meld.