

# KALE SALAD WITH PINE NUTS AND CURRANTS

## Ingredients

- 1/2 lb fresh kale
- 2 tbs black currants
- 1 1/2 tbs balsamic vinegar
- 1 1/2 tbs rice wine vinegar
- 3 tbs honey
- 2 tbs extra virgin olive oil
- 2 tbs pine nuts, toasted
- 2 tbs parmesan cheese
- salt & pepper to taste

## Directions

Whisk balsamic vinegar, rice wine vinegar, honey and olive oil in a large mixing bowl. Wash and chop the kale into large pieces. Add chopped kale, pine nuts & parmesan cheese to dressing. Season with salt & pepper to taste.