



# KALE, APPLE & CHICKEN SALAD

## INGREDIENTS

- 1 Bunch Lacinato Kale, Washed and Cut into large pieces
- 2 Cups Rotisserie Chicken, no skin and shredded
- 1 Red Apple, washed and sliced thinly
- 14 oz Can Lentils, rinsed and drained
- ¼ Cup Sunflower Seeds
- ½ Cup Dried Cranberries

### Dressing:

- ¾ Cup Greek Yogurt
- 3 TBSP Apple Cider Vinegar
- 1 ½ TBSP Suburban Curry
- 1 TBSP Honey

## INSTRUCTIONS

1. Mix the dressing together in a small glass bowl.
2. In a large bowl, toss the kale with ½ the dressing. “Massage” the dressing into the leaves to soften kale.
3. Toss in the chicken and allow to sit for 5 minutes.
4. Toss in the apple, lentils, seeds and cranberries.
5. You may dress salad individually or toss together with desired amount of dressing.

SERVINGS: 4-6

### Notes:

You can find Chipotle Adobo Sauce in the Latin American section of your grocery store.

