



# KOOL KALE SALAD



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“ I’m a first generation American and both of my parents came from different continents. Everything I remember eating was fresh and healthy, even when I did not know it was supposed to be good for you! Now I eat for health and energy, and gratefully all the foods I grew up with are the best to eat! If it falls from a tree or comes out of the ground... my family finds a way to include it in a dish that’s amazing! ”





SERVES  
**4**

# KOOL KALE SALAD

## INGREDIENTS

- **1 bunch** of kale
- **2** grapefruit, peeled
- **1** pomegranate, peeled and separated
- **1** red pepper, sliced
- **1** small red onion, sliced
- **½ cup** pine nuts
- **1** juiced lemon
- **¼ cup** olive oil

- 1** Wash and gently tear kale into small pieces and put into a bowl
- 2** Cut the grapefruit into bite size pieces and add to kale, along with sliced red peppers, red onion, and pomegranate
- 3** Add pine nuts
- 4** Mix lemon and olive oil together, toss and enjoy!



**CALIFORNIA,**  
WITH A  
**MEDITERRANEAN**  
*TWIST*

#IMEXRECIPES