



# Simple Kale Apple Walnut Salad

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This **massaged kale apple salad** recipe brings together apples, parmesan, and walnuts for a nourishing, simple, and dietitian-approved meal. Enjoy this **kale salad** on its own as a main dish, or as a **side salad**.

## Course

[Salad](#), [Side Dish](#)

**Cuisine** American

**Diet** [Gluten Free](#), [Vegetarian](#)

**Keyword** apples, kale, parmesan, walnuts

**Prep Time** 30 minutes

**Cook Time** 0 minutes

**Total Time** 30 minutes

**Servings** 2

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## Ingredients

- 1 large bunch curly green kale (or 2 smaller bunches - [how to massage kale for salad](#))
- 1 large apple (I used honeycrisp)
- 1/2 cup parmesan, freshly grated (ideally parmigiano reggiano)
- 1/2 cup [walnuts, raw](#)

## Salad Dressing:

- 1/4 cup [olive oil](#)
- 1/2 a lemon, juice only
- 1 tsp [garlic powder](#)
- Salt + pepper, to taste

## Instructions

1. Remove the kale leaves from the tough stems. Wash and dry well. Using your hands, tear kale into smaller pieces. Place the kale into a large mixing bowl.
2. In a small jar, mix olive oil, lemon juice, garlic, salt, and pepper. Cover jar with a lid and shake dressing ingredients together.
3. Pour dressing over kale and massage with hands, really squeezing/kneading the dressing into the kale for about 1 minute (*see recipe video if needed*). The kale should be well-coated and start to soften. Let the kale sit in the fridge or at room temperature while you prepare the rest of the ingredients.
4. Core the apple and chop into smaller chunks. Grate the parmesan cheese. Add both ingredients to the kale salad along with walnuts.
5. Toss everything together well, seasoning with additional salt + pepper (if needed). Serve and enjoy!

## Notes

### \*MAKING IN ADVANCE/LEFTOVERS:

- Kale salads hold up really well when made in advance. Their leaves don't go limp; rather they start to absorb even more of the flavour! You can safely prep the kale up to a day in advance.
- I would recommend chopping and adding the apple just before serving in order to prevent browning.
- That said, leftovers do keep quite well for a day or two - the lemon in the dressing helps to slow the browning process in the apples. Keep leftovers in an airtight container in the fridge!

### \*RECIPE MODIFICATIONS:

- For a nut-free version, you can swap walnuts with pumpkin seeds (pepitas), or omit completely.
- If you'd prefer, you can try this with another nut like pecans or almonds in place of walnuts.
- For a vegan version, simply swap the parmesan with a vegan alternative or omit it completely. You could try using some nutritional yeast instead, although it will change the flavour profile slightly! I always love nutritional yeast on salads though :)