

# Spring Kale Crunch Salad

WITH SWEET WHIPPED BALSAMIC DRESSING

## INGREDIENTS

- 1 bunch kale, stems removed and finely chopped
- 1 cup grapes, halved
- 1 Fuji apple, thinly sliced
- ⅓ cup pistachios, roughly chopped
- ½ cup shaved or finely grated parmesan

### Lemon Zest Toasted Breadcrumbs

- ½ cup panko breadcrumbs
- 1 tbsp olive oil
- ½ tsp lemon zest
- pinch of salt

### Sweet Whipped Balsamic Dressing

- ½ cup **Miracle Whip**
- 2 tbsp white balsamic vinegar
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 tbsp finely minced shallot
- ¼ tsp lemon zest
- salt and freshly cracked black pepper, to taste

## DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add breadcrumbs and cook, stirring often, until golden brown. Remove from heat and stir in lemon zest and a pinch of salt. Set aside.
2. In a bowl, whisk together **Miracle Whip**, white balsamic vinegar, olive oil, Dijon, honey, minced shallot, lemon zest, salt, and pepper until smooth. Let sit for 5-10 minutes.
3. Place chopped kale in a large bowl. Add a pinch of salt and massage with your hands for 20-30 seconds until softened.
4. Add grapes, apple slices, pistachios, and parmesan to the kale. Pour dressing over and toss until evenly coated.
5. Transfer to a serving bowl and top with toasted breadcrumbs and an extra sprinkle of parmesan before serving.