Ingredients

* 12 apples
* 6 large sweet potatoes
* 6 bunches Kale
* 1 Feta cheese container
* 6 lemons
* 1 cup olive oil
* salt and pepper to taste

Procedure

1. Add water to large pot and boil.
2. Wash and peel sweet potatoes. Cut into bite sized chunks and add to boiling water. Cook until soft, approx 15 minutes. Drain water and place potatoes in metal bowl to cool.
3. Wash and shred kale. Give stems to blue team (to be served with honey mustard). Place shredded kale in separate metal bowl.
4. Add olive oil to kale and a little salt. With your hands, gently massage the kale for 2-3 minutes.
5. Zest lemons and add to kale. Roll lemons, cut them, and squeeze the juice over the kale. Mix well.
6. Wash and chop the apples into small chunks. Add to the kale. Also add the sweet potatoes. Fold everything together.
7. Season with salt and pepper. Add feta cheese right before serving, as an optional extra.