Ingredients

* 3 bunches kale
* 2 limes, zested and juiced
* 1 cup sunflower seeds
* 3 cups of dried cranberries
* 12 green apples, sliced thin
* 1 bunch radishes, sliced thin
* ½ cup olive oil
* ¼ cup apple cider vinegar
* 2 TBS Dijon mustard
* 1 TBS honey
* salt and pepper (for taste)

Procedure

1. Tear kale leaves from stems (give stems to Red team for glazed carrots). Tear or chop kale leaves into tiny strips.
2. Zest limes and reserve to the side. Roll and squeeze lime juice over kale leaves. Sprinkle leaves with salt and massage for 5 minutes, until dark and fragrant.
3. Chop apples and radishes into small thin slices and add to kale along with cranberries.

Dressing

1. Mix olive oil, vinegar, mustard, and honey together vigorously. Season with salt and pepper, and adjust until balanced. Pour over the salad and toss until well mixed.
2. In a non-stick skillet, toast sunflower seeds with lime zest for a minute or two, until fragrant. Sprinkle on top of salad.