

Southbury Farmers' Market Recipe

Kale Salad

- *½ cup lemon juice*
- *1 tbs canola oil*
- *1 tbs olive oil*
- *½ tsp of salt*
- *1 tsp of honey*
- *¼ tsp of black pepper*
- *1 bunch of kale*
- *½ cup sunflower seeds*
- *½ cup of dried cranberries*
- *1 cup of cherry tomatoes*

Whisk lemon juice, canola oil, olive oil, sugar, salt, and black pepper in a large bowl. Add kale, tomato, sunflower seeds, and cranberries; toss to combine and let sit for an hour before serving.

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