Massaged Kale and Currant Salad

Ingredients
1 bunch kale
1 teaspoon sea salt
¼ cup diced red onion
1/3 cup currants
¾ cup diced apple (about ½ apple)
1/3 cup sunflower seeds, toasted
¼ cup olive oil
2 tablespoons unfiltered apple cider vinegar
1/3 cup gorgonzola cheese, crumbled* Optional

Directions
1. De-stem kale by pulling leaves away from the stems. Wash leaves. Spin or pat dry. Stack leaves, roll up, and cut into thin ribbons. Put kale in a large mixing bowl.
2. Add salt, and massage it into the kale with your hands.
3. Stir onion, currants, apple, and sunflower seeds into kale. Dress with oil and vinegar. Taste for salt and vinegar, adding more if necessary. If desired, toss in cheese. This salad will keep for several days and still be great.

Recipe from Feeding the Whole Family by Cynthia Lair. See blog: http://www.cookusinterruptus.com/