

Jane Stapleton, Age 9, Alpine MWC:

Jane's Kale Salad

4 cups kale (ribs removed)

¼ cup chopped red onion

A generous ½ cup plain Greek yogurt

¼ cup mayonnaise

2 teaspoons sugar

1 lemon juiced and zested

3 tablespoons sunflower seeds or walnuts toasted
(optional)

Kale in a large bowl. Add chopped onions.

Whisk yogurt, mayo. Sugar, lemon juice and zest together. Pour over kale and toss to coat. Add toasted walnuts if desired.