KALE SLAW

Slaw
1 bunch kale washed, dried and pulsed in a food processor to small to medium grind or thinly slice by hand into thin strips.
2-3 carrots, grated
2 apples, diced
2 TBL. Purple onion, finely chopped
1/2 C. Crushed pineapple (canned) or 1/2 C. Finely diced fresh pineapple

Combine all ingredients in a large bowl.

Recipe by Robin Forte

Vinaigrette
1/4 C. Cider vinegar
1/4 C. Plain yogurt
2 TBL. Honey, sugar or maple syrup
1 TBL. Dijon mustard
1/2 tsp salt
1/8 tsp black pepper
4 TBL. Olive oil

Place vinaigrette ingredients except olive oil into a small bowl. Whisk until smooth. Continue whisking, add in the olive oil. Combine with the slaw. Refrigerate.