

servings: 4-6 prep time: 10 min cook time: 8 min freezes?: No

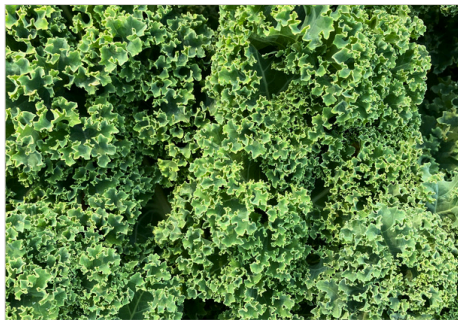
KALE & BACON SALAD Based on Today's Parent Recipe

Ingredients:

- 8 rashers of bacon, chopped
- 1 bunch of kale, chopped
- 4 dates, chopped
- 1/2 red onion, sliced

For the dressing:

- 1 tbsp grainy mustard
- 2 tbsp mayonnaise
- 1 tbsp white wine vinegar
- 1/2 tsp honey
- 2 tbsp olive oil
- 1/4 tsp black pepper



Instructions:

1. Fry bacon until crispy, & remove from pan
2. Whisk together the mustard, mayo, vinegar, & honey. Slowly drizzle in olive oil and whisk to combine, season with pepper.
3. Massage kale for a minute to soften it
4. Place chopped kale in bowl and toss with dressing
5. Top with onion, bacon, and dates.