

Plate Dream

Harvest Salad with Lemon Thyme Dressing

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Salad Base

- [ ] 4 cups kale leaves, stems removed and torn
- [ ] 2 large carrots, peeled and shaved
- [ ] 1 crisp apple, cored and diced
- [ ] 1/2 cup toasted pumpkin seeds

Lemon Thyme Dressing

- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp honey
- [ ] 1 tsp fresh thyme leaves, finely chopped
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash kale thoroughly, spin dry, then gently massage with a pinch of salt until the leaves soften slightly.
2. In a large bowl, combine shaved carrots, diced apple, and the prepared kale.
3. Whisk together olive oil, lemon juice, zest, honey, thyme, salt, and pepper; let sit for a minute to meld flavors.
4. Pour the dressing over the salad, toss gently to coat, then sprinkle toasted pumpkin seeds on top.
5. Serve immediately, or let sit 10 minutes for the flavors to deepen.

Nutrition per serving

210 kcal	5 g	24 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, add a drizzle of additional honey just before serving.
- A light sprinkle of crumbled feta adds a pleasant salty contrast.
- For extra crunch, consider adding a handful of toasted walnuts.