



### **Cheery Cherry Kale Salad**

*Heart shaped fresh tart cherries make it easier to fall asleep*

1 Tablespoon fresh lemon juice  
1-1/2 Tablespoons olive oil  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
3 cups chopped fresh kale  
1 cup sliced fresh tart/sweet cherries, remove pits  
1/4 cup toasted sliced almonds  
Crumbled feta cheese as desired

- In a glass measuring cup, whisk together lemon juice, olive oil, salt, and ground black pepper.
- Remove any large stems from chopped kale; place kale in large bowl.
- Pour lemon juice mixture over kale, toss to coat and squeeze kale gently with hands.
- Mix in sliced cherries and toasted almonds. Add some crumbled feta cheese.
- Place in salad bowl or dish for serving. Serves 4

**About the Recipe:** Juicy, tart yet sweet, cherries are tossed with vibrant green kale and toasted sliced almonds and served with bits of crumbled feta cheese. Serve for a family dinner or as a special treat for company.

### **How Can Cherries Help You**

Those heart shaped cherries give your body a chance to slow down. Tart cherries are a natural source of melatonin, that may make it easier to fall asleep and even improve the sleep duration. Tart cherries have a small amount of both melatonin and tryptophan, an amino acid used in production of serotonin and melatonin. Since tart cherries have different enzymes in them, they actually keep the tryptophan in the body longer.

For More Information See:

<https://health.clevelandclinic.org/do-cherries-help-you-sleep>