

Massaged Kale Salad

Serves: 8 | Serving Size: 1 cup

Ingredients Needed:

- 1 bunch kale
- 4 medium carrots (~2 cups grated carrot)
- 3 celery stalks
- 2 apples
- 1 lemon
- 1 tablespoon, plus 1/4 cup olive oil
- 2 tablespoons honey
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup sunflower seeds



Directions:

1. Wash kale, carrots, celery, apples, and lemon.

2. Separate kale leaves from the stalk and tear them into bite-sized pieces (about 2 x 2 inches). Discard or compost kale stalks.
3. Grate the carrots and dice apples and celery and set aside.
4. Place kale leaves in a large bowl. Cut the lemon in half and set one half aside. In the bowl with the kale leaves, squeeze all the juice out of the remaining lemon half.
5. Drizzle 1 tablespoon of olive oil and salt into the bowl with kale and lemon juice. Massage kale until it starts to soften (2 to 3 minutes).
6. In a small bowl, squeeze the juice from the remaining half of the lemon and whisk together with honey and black pepper. Gradually whisk in 1/4 cup olive oil to make the dressing.
7. Add apples, celery, carrots, sunflower seeds, and dressing to the kale and toss together.

Variations:

- Replace apples with pears, mandarin oranges, strawberries, or craisins.