

MASSAGED KALE SALAD

There are so many ways to dress up a massaged kale salad. Swap in your favorite salad toppers!

SERVINGS: 4

PREP TIME: 15 MIN

INGREDIENTS

1 bunch green or red Kale

1 TBSP Lemon Juice (or red wine or apple cider vinegar)

1 TBSP Olive Oil (or other oil)

1 tsp coarse Salt

1/2 cup of red or sweet Onion, finely diced

1/2 cup each of:

- a Fruit (chopped apple or pear, dried cranberries, raisins, berries, mango...)
- a Root (grated carrot or beet, diced jicama, sliced radish or salad turnip...)
- a Seed (sunflower seeds, sliced almonds, candied pecans...)
- a Protein (feta or goat cheese, diced chicken, chickpeas or kidney beans...)

1/2 cup of Fresh Roots Famous dressing, or your favorite salad dressing

DIRECTIONS

Wash and dry Kale, and remove thick stems.

Chop or tear kale into bite-sized pieces and put in a large bowl.

With very clean hands, toss the kale with Lemon Juice, Oil, and Salt, and massage it into the kale for 2-3 minutes, until the kale is bright in color and shiny. Add toppings of your choice and dressing. Enjoy!

