



Kale Salad

4-6 servings

INGREDIENTS

- 1 bunch kale
- 1 Tbsp oil
- 2 tsp vinegar or lemon juice
- Salt/pepper, to taste
- Nuts, raisins, sunflower seeds (optional)

DIRECTIONS

1. Strip washed kale leaves off stems. Chop and place in large bowl.
2. Add olive oil to the bowl and massage the kale for few minutes, until it becomes bright green and softens.
3. Add vinegar, salt and pepper and mix thoroughly. Add additional toppings if desired.
4. Serve at room temperature.
5. Refrigerate leftovers.



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