



Massaged Kale Salad

LIVE
EAT
PLAY!
COLORADO

Ingredients:

- 1 bunch washed kale, stemmed and sliced into thin strips
- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- Salt and pepper to taste

Directions:

1. In a large bowl, combine first 3 ingredients. Using your (washed) hands, massage the oil and vinegar into the kale leaves until the leaves soften, about 2 to 3 minutes.
2. Add salt and pepper to taste and top with optional toppings listed below.

Serves: 4 Serving size: 3/4 cup Total time: 10 min

Change it up!

Although this recipe is just the basic version, the great thing about this salad are all the different variations you can make!

Try swapping out the balsamic for **lemon juice** or a different type of **vinegar**.

Experiment with different oils like **coconut oil**, **sesame oil**, or even **avocado oil**.

Once your kale is massaged, the options for add-ons are endless:

- Toss in some **toasted sunflower seeds**, **sesame seeds**, **almonds**, **pepitas** or other nuts or seeds.
- Sweeten it up with **berries** or **other sliced fruits**.
- Spice it up with your favorite spices or herbs such as crushed red pepper, crushed garlic, fresh cilantro, or fresh basil.

Single-serving salad, to-go!

For a great on-the-go lunch option, consider making a single serving salad ahead of time.

Combine:

- 1/2 cup thinly sliced kale
- 1 teaspoon olive oil
- 1 teaspoon vinegar
- Salt and pepper to taste

...into a **sandwich baggie**.

Wait to massage the kale in the baggie until just before you are ready to eat it so it stays fresh!

Nutrition Facts

Serving Size 0.75 cup(s) (57g)

Amount Per Serving

Calories	81	Calories from Fat	67
----------	----	-------------------	----

% Daily Value

Total Fat	7.4g	10 %
-----------	------	------

Saturated Fat	1.0g	5 %
---------------	------	-----

Trans Fat	0.0g	
-----------	------	--

Cholesterol	0.0mg	0 %
-------------	-------	-----

Sodium	20.2mg	1 %
--------	--------	-----

Total Carbohydrate	1.4g	0 %
--------------------	------	-----

Dietary Fiber	0.0g	0 %
---------------	------	-----

Sugars	1.7g	
--------	------	--

Protein	1.5g	
---------	------	--

Vitamin A	45 %	Calcium	4 %
-----------	------	---------	-----

Vitamin C	52 %	Iron	5 %
-----------	------	------	-----