

Massaged Kale Salad

This salad is delicious, easy to make, is loaded with nutrients, and keeps for days in the fridge. Dress up this salad with fruit and roasted nuts for a flavor powerhouse!

Prep time: 10 minutes

Makes: 2-3 servings

Source: Nutrition Stripped

Ingredients

- 2 large handfuls (about 3 cups) raw kale leaves
- 2 teaspoons olive oil
- 1 lemon, juiced (about 3 tablespoons of lemon juice)
- 1/2 teaspoons salt

Directions

1. Strip the kale leaves from the stems using your fingers.
2. In a large bowl, combine the de-stemmed kale leaves with 1 tsp. olive oil, juice from 1 lemon (2-3 Tbsp) and salt.
3. Put an additional tsp. of olive oil onto your hands to coat.
4. Using a massaging action (similar to kneading bread dough), start to tear the leaves apart and massage. Watch video to see how this is done.
5. Continue massaging for about 2-5 minutes or until the leaves are softened, the leaves will also turn a more vibrant green.
6. Use this as a simple salad, or add toppings of your choice for a complete meal in a bowl.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	53 g
Total Fat:	4 g
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	420 mg
Total Carbohydrates:	9 g
Dietary Fiber:	4 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	2 g

Utensils Needed

- Large bowl
- Lemon juicer
- Measuring spoons and cups

SHOPPING LIST

Average total cost without oil and seasonings: \$2.29

Average cost/serving: \$0.76

Recipe Makes: 3 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Kale, 1 lb. (avg.)



Add 1 to Cart
Lemon, 1 each.

My Cooking Notes

SAVE TIME, SAVE MONEY

Produce Tips

- Kale with smaller leaves tend to be more tender and mild in flavor.
- Choose moist, not wilted/crisp kale that does not have small holes (signs of insect damage).
- Kale should be bright green in color with no yellowing or browning.
- Try to use kale within a day or two of buying as it can develop a strong flavor with time
- Store kale by wrapping in a damp paper towel then place in a plastic bag. Store in refrigerator crisper drawer.
- Kale can be frozen, too! First blanch the kale and then store in freezer to avoid bitter flavor.