

Simple Knife-less Salad



Salad Ingredients

1 bunch of Kale, washed and dried

1-2 Oranges

2-3 Radishes, rinsed (will be easier to cut with the leaves and stem still on)

¼ Cup Pecans or Walnuts (Sunflower seeds are a good substitution for nut allergies)

Dressing Ingredients

½ Cup Olive Oil

3 Tablespoons Vinegar

1 Tablespoon Mustard

1 Tablespoon Maple Syrup or Honey

Salt & Pepper (to taste)

1. **“Rip and tear” the kale leaves.** You want the torn leaves to be about the size of half a post-it note. Kale is an especially good veggie to prep with your hands, as when you’re done tearing it to pieces, you can massage it so it’s easier to eat. Massage the kale by gently rubbing it between your fingers, then place in bowl.
2. **Peel and snip the orange pieces.** Peel your orange. Now use your hands to pull apart the sections of the orange from one another. When all the sections are separated, use scissors/loop scissors to cut each section into 3 equal pieces (the two tips of the orange section and the middle piece). Add orange pieces to bowl.
3. **Crinkle cut the radish.** Place a radish against the cutting board, and hold it by its stem. Using your dominant hand, use the crinkle cutter to press down into the radish to cut the radish into slices, starting from the bottom of the radish and moving up towards the stem. Repeat until all the radishes are sliced. Place your radish slices in the salad bowl.
4. **Pull-chop the nuts.** Place the pecans or walnuts into the pull chopper, ensuring the blade is already installed (the pull chopper may not be necessary with sunflower seeds). Place the lid on top of the pull chopper. Pull the string. Repeat as necessary until nuts are chopped to desired size. Add to the salad bowl.
5. **Make the dressing.** Pour the dressing ingredients into a jar with a lid. Screw the lid on tight and shake until the ingredients are well mixed. You could also do this by adding the ingredients to a bowl and stirring them with a fork or whisk. Add your finished dressing to your salad bowl. Enjoy your healthy, knife-less-prepared salad!