



# Massaged Kale Salad

## Ingredients

- 1 bunch kale (Any variety, such as curly leaf or Lacinato, works for this recipe!)
- 2-3 garlic cloves
- Juice of 1 lemon
- ¼ cup olive oil
- Salt
- Pepper

## Directions

1. Wash your kale under cool running water.
2. Remove the tough stems from the kale leaves. Tear with your hands, cut with scissors, or chop the kale into bite-sized pieces. Place in a salad and set aside.
3. Peel and mince two cloves of garlic. You can also use a garlic press to crush the garlic! Add to a jar. *\*Be sure to have a loved one nearby to help if needed!*
4. Squeeze the juice of 1 lemon into the jar. Remove lemon seeds which are bitter!
5. Add salt and black pepper to taste. About ⅛ teaspoon each.
6. Add ¼ cup olive oil, and then secure the lid on the jar. Give the jar a couple of really good shakes! The lemon juice and olive oil will **emulsify**, or mix, so that the dressing becomes creamy and turns a bright yellow color.
7. Add the dressing to the kale and toss together, gently massaging the kale between your fingers with your hands. Massaging the kale breaks it up and gives it a softer texture, making it easier to chew. It also helps bring out a milder flavor from the kale. Continue mixing and massaging until the kale is glossy and tender.
8. Optionally, add any additional toppings, or serve as is. Enjoy!

## Topping ideas

- Sunflower seeds, pepitas
- Dried cranberries or blueberries
- Croutons
- Chopped or sliced veggies: radishes, carrots, purple cabbage, cucumber
- Edible flowers