



Greek Style Massaged Kale Salad

Yield: 2-4 servings

Ingredients:

Salad

- ❖ 1 large bunch of curly green kale, stems removed, chopped super fine (*like parsley*)
- ❖ 1 small red onion, thinly sliced
- ❖ ½ medium cucumber, thinly sliced
- ❖ ½ cup kalamata or black olives, pitted and halved
- ❖ ½ cup sundried tomatoes, thinly sliced
- ❖ ½ cup artichoke hearts, chopped
- ❖ ½ cup toasted pine nuts
- ❖ ½ cup cooked lentils ("Trader Joe's seasoned precooked lentils)
- ❖ 1½ cup crumbled feta cheese



Dressing

1. ½ cup extra virgin olive oil
2. Juice of ½ small lemon
3. 2 tablespoons apple cider vinegar
4. 2 teaspoons honey
5. 1 teaspoon Dijon mustard
6. Course salt and ground pepper to taste

Procedure:

1. In a large bowl, whisk together the ingredients for the dressing.
2. Add the finely shredded kale leaves and use your hands to mix the salad making sure all the leaves are well coated.
3. Let sit for about 10-15 minutes until the oil is absorbed and the kale softens and wilts in size.
4. Add the remaining ingredients and toss well.

**Suggestion: Serve as a bed for grilled or baked fish or chicken. **This salad will not wilt when stored so great for leftovers / side dish for up to 3 days.*

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