

Massaged Kale Caesar Salad

Inspired by NutritionStripped.com

Ingredients:

- 1-2 bunches kale
- 1 tsp. olive or vegetable oil
- 1 lemon, juiced (or 2 tablespoons lemon juice)
- 1 tsp. sea salt
- 1 tsp. honey (to taste)
- 5 cloves garlic, minced
- Worcestershire sauce, 2 teaspoons
- Dijon mustard, 1 teaspoon
- Pepper, to taste
- *Optional toppings:* shredded cheese, cubed cooked chicken, diced raw vegetables (bell peppers, cucumber, broccoli)

Method:

1. Rinse kale and strip leaves from stem. *Process:* 1) Hold stem firmly with one hand and wrap index finger of other hand around stem at base of leaves. 2) While holding stem, pull finger along length of stem to end, stripping the leaf from the stalk.
2. Stack leaves and roll together length-wise, cut into strips.
3. In large bowl, combine kale with other ingredients (not toppings) and massage by squeezing and kneading by hand for 2-3 minutes. Leaves turn vibrant green and become tender.
4. Adjust flavors as desired and add optional toppings. Enjoy!

More recipes: www.hopelink.org/need-help/food/healthy-recipes

Massaged Kale Caesar Salad

Inspired by NutritionStripped.com

Ingredients:

- 1-2 bunches kale
- 1 tsp. olive or vegetable oil
- 1 lemon, juiced (or 2 tablespoons lemon juice)
- 1 tsp. sea salt
- 1 tsp. honey (to taste)
- 5 cloves garlic, minced
- Worcestershire sauce, 2 teaspoons
- Dijon mustard, 1 teaspoon
- Pepper, to taste
- *Optional toppings:* shredded cheese, cubed cooked chicken, diced raw vegetables (bell peppers, cucumber, broccoli)

Method:

1. Rinse kale and strip leaves from stem. *Process:* 1) Hold stem firmly with one hand and wrap index finger of other hand around stem at base of leaves. 2) While holding stem, pull finger along length of stem to end, stripping the leaf from the stalk.
2. Stack leaves and roll together length-wise, cut into strips.
3. In large bowl, combine kale with other ingredients (not toppings) and massage by squeezing and kneading by hand for 2-3 minutes. Leaves turn vibrant green and become tender.
4. Adjust flavors as desired and add optional toppings. Enjoy!

More recipes: www.hopelink.org/need-help/food/healthy-recipes

