

# Massaged Kale Salad

Recipe 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)

## Method:

1. Rinse kale and strip leaves from stem. *Process:* 1) Hold stem firmly and wrap index finger around base of leaves. 2) While holding on to stem, pull finger down length of stem to end.
2. Stack leaves and roll together length-wise, then cut into strips.
3. In large bowl, combine kale with lemon, salt, oil and honey.
4. Massage kale by squeezing and kneading by hand for 2-3 minutes. Leaves turn vibrant green and become tender.
5. Adjust flavors and add additional toppings as desired. Enjoy!

More recipes: [www.hopelink.org/need-help/food/healthy-recipes](http://www.hopelink.org/need-help/food/healthy-recipes)

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