

# **KALE SALAD**

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## **INGREDIENTS**

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5 cups kale, chopped  
1-2 tsp olive oil  
1/8 tsp sea salt  
2 cups broccoli  
1/2 cup almonds, sliced

Lemon Dressing  
1/4 cup olive oil  
2 tbsp fresh lemon juice  
2 tbsp red wine vinegar  
1tbsp Dijon mustard  
1 garlic clove, minced

1/4-1/2 cup carrots, shredded  
1/4 cup red onion, diced  
1/4 cup sunflower seeds  
1/4 cup cranberries / craisins  
1/4 cup feta cheese

1/2 tsp oregano  
1/4 tsp sea salt  
1/8 black pepper  
1 tsp honey or stevia

## **PROCEDURE**

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Make dressing in a jar and shake well.

Massage kale with olive oil and a pinch of sea salt.

Rub with fingers until leaves darken and tenderize. This makes kale have a silky texture.

In large bowl, combine kale, broccoli, almonds, cheese, carrots, onion, sunflower seeds, cranberries.

Shake dressing once more and pour about 1/3 over the salad.

Toss to coat and add extra dressing.