



Choose Your Own Adventure Kale Salad

Round up your favorite ingredients and build a delicious kale salad with this recipe framework.

Source: *City Blossoms*

Servings

6

Ingredients

6 cups kale

1/3 fat – suggestions: avocado, olive oil, vegetable oil, peanut butter, tahini, sunflower seed butter, almond butter

1/3 cup acid – suggestions: citrus juice (lemon, lime, etc.), vinegar (red wine, balsamic, rice, apple cider, etc.)

Salt to taste – miso and soy sauce are also great salt substitutes

Tasty extras – something sweet, spices, fruits and vegetables (fresh or dried), beans, seeds, grains, herbs, cheese, or nuts

Preparation

1. Wash kale, trim dried or tough sections, and cut out stems. Cut kale into thin ribbons.
2. Mix fat, acid, and salt in a large bowl.
3. Add kale to bowl, toss with dressing, and massage. Massage the kale by placing the kale-acid-salt mixture in a Ziploc bag and massaging from the outside. The more you massage, the more tender it will be. The dressing should coat the leaves, and the leaves should slightly wilt and turn a more intense green.
4. When the massaging is done, add the pizzazz! Anything you would add to a regular salad can be added to a kale salad. See above for examples of tasty toppings.

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Kale



Lacinato "Dinosaur" kale

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Kale



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