

# Massaged Kale Salad

---

Serves 4-6

1 bunch kale, rinsed, dried, stems removed, chopped  
½ cup extra virgin olive oil  
1 large garlic clove  
¼ cup fresh lemon juice  
Salt & pepper to taste  
Pinch of red pepper flakes  
½ pint tomatoes, quartered  
½ cup toasted nuts

## Directions:

- Place kale in a large salad bowl.
- In a small bowl, whisk together olive oil, garlic, lemon juice, salt, pepper & red pepper until emulsified.
- Stir the dressing into the kale until all pieces are coated.
- Massage the kale with hands continuously for at least 3 minutes to break down the kale.
- Add the tomatoes and toasted nuts.
- Serve immediately or let salad marinate overnight.

Adapted from MW Culinary Wellness, LLC