

Massaged Kale with Craisins

Ingredients (makes 6 servings)

- 1 bunch Curly kale, washed and dried
- 1/4 teaspoon salt

Dressing:

- 1 Tablespoon Lemon juice
- 2 Tablespoons Olive oil
- 1 Tablespoon Balsamic or apple cider vinegar
- 1 Tablespoon Honey (or sugar)

Toppings:

- 1/3 cup Sunflower seeds
- 1/4 cup Craisins
- 1 Apple, cut in small chunks (apple is optional)

Directions

1. Remove large middle vein and stem from kale leaves.
2. Chop leaves into bite size pieces.
3. Put kale in large bowl. Sprinkle salt on leaves.
4. Massage kale for 2 minutes until it softens and turns a deeper green.
5. Mix dressing ingredients in a small bowl.

Nutrition Information- Per serving

Calories	156	Total Sugars	4g	Sodium	31mg
Protein	6g	Total Fat	10g	Cholesterol	0g
Carbohydrate	14g	Saturated Fat	1g	Fiber	3g



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