

Massaged Kale Salad

from Nancy Schrag, Kenai



Ingredients:

- 1 bunch kale, stalks removed, thinly sliced
- 1 lemon, juiced
- 1/4 C. olive oil
- 2 t. honey
- salt and freshly ground pepper to taste
- 1 C. sliced strawberries (or other fresh fruit)
- 1/4 C. toasted pumpkin seeds

Directions: In a large bowl, mix sliced kale, half the lemon juice, a drizzle of olive oil and salt. Massage with hands 2-3 minutes until kale softens.

www.kenailocalfood.org

Chef at the Market 2014

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Massaged Kale Salad (cont.)

Whisk remaining lemon juice with honey and freshly ground pepper. Continue whisking while adding 1/4 C. olive oil. Adjust seasonings to taste.

Pour dressing over kale. Add strawberries or other fruit and pumpkin seeds. Toss and serve.

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and Kenai Soil & Water Conservation District



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