

## Kale Salad

45 MIN

4 Servings

Easy

Ingredients

- 2 bunches Lacinato kale, stems removed, cut chiffonade – about 1/8”
- 2 tablespoons organic olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon sea salt or Himalayan salt
- 1 carrot, grated or sliced in fine matchsticks
- 1 apple or pear, sliced into fine matchsticks, and dressed with lemon juice
- 1 parsnip, peeled and grated – don’t like parsnips? Add another carrot
- A handful of toasted nuts: either almonds, walnuts, or pecans, chopped

### Dressing

- 1/4 cup organic raspberry, black cherry, or pomegranate balsamic vinegar \*
- Zest of 1 lemon
- Lemon juice to taste
- 3 tablespoons olive oil

*\* Gluten-free: please note if you are gluten-free make sure to use gluten-free vinegar. Many of the flavored balsamic vinegars are not gluten-free. If necessary replace the fruit vinegar with gluten-free balsamic vinegar.*

Instructions

- Remove thick stems from the kale (see sidebar notes)
- Place cut kale in a bowl
- Add the olive oil, apple cider vinegar, and sea salt.
- Massage the mixture into the kale for a few minutes until the kale starts to wilt, feel a bit wet and turn dark green

- Let the kale sit for at least 30 minutes however, the longer the better. I usually let it rest for an hour or so.
- Add these to the kale once prepped
- Add carrot, apple or pear, and parsnip to the kale once prepped.
- Add nuts
- Toss with the dressing
- Allow to sit for several hours, but this is even better the next day