

Massaged Kale Salad

Serves: 6

1/4 cup **chopped pecans** (or other nut of your choice, such as sliced almonds)

In a small dry skillet, toast the nuts over medium heat for about 3 minutes until golden brown and fragrant. Set aside.

1 bunch **kale**, stems removed and leaves chopped (about 8 cups)

Place in a large bowl.

2 Tbsp **olive oil**

1 Tbsp **balsamic vinegar**

1 Tbsp **lemon juice** (juice from half of 1 small lemon)

1/4 tsp **salt**

1/4 tsp **black pepper**

Add each ingredient directly to the bowl with the kale. Use your clean hands to “massage” the kale for at least a minute -- you will notice the kale leaves turn a brilliant green and begin to get tender (thanks to the acid in the vinegar and lemon juice, as well as the bit of salt).

Let the salad sit for 5-10 minutes before adding the final toppings and serving.

1/4 cup **dried cranberries** (or raisins or dried currants)

Add to the bowl with the kale along with the toasted nuts. Toss to combine.

1/4 cup **shredded Parmesan cheese**

Serve and enjoy!

QUICK TIP: If there is salad left over, it will taste even better the next day. Thanks to kale’s sturdiness, it will not wilt on you like other greens.

Nutrition Information for a generous 1 cup serving:

Calories: 150 • Fat: 9.5 g • Sat Fat: 1.6 g • Chol: 2 mg • Fiber: 4 g • Protein: 6 g • Total Carb: 13 g • Sugars: 6 g • Sodium: 155 mg