

KALE SALAD

Ingredients:

1 small bunch Kale, stalks removed & thinly sliced

Juice of 1 lemon

¼ c extra virgin olive oil

Salt & pepper to taste

2 t honey

¼ c toasted pumpkin seeds or pine nuts

In a large bowl add kale, ½ of the lemon juice, ½ of the olive oil, and salt. Massage kale with hand until wilted (2-3 min).

Dressing: Whisk ½ of the lemon juice, ½ of the olive oil, honey and pepper. Pour over kale and toss. Sprinkle pine nuts over.

Recipe courtesy of: Leonora Ching "The Pickle Lady"

The Pickle Lady's Pickle Passion Cookbook & Kiwi Shredders available online:

www.pickle-passion.com



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