



SALAD + DRESSING

Massaged Kale Salad

NUTRITIOUS, SEASONAL, EASY



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WHAT YOU'LL NEED:
SERVES 4

1 BUNCH DINO KALE, WASHED &
CHOPPED
1 MANDARIN PEELED, SECTIONED
1 RIPE PEAR SLICED
.25 C HONEY ROASTED ALMONDS
1 RED ONION SHAVED
1.5 OZ MANDARIN OLIVE OIL
2.5 OZ D'ANJOU PEAR BALSAMIC
.5 TSP EA GARLIC PEPPER
& SEA SALT

*SUB KALE FOR SPINACH (OMIT MASSAGE)
SUB ALMONDS FOR ANY NUT OR SEED

TO PREPARE:
IN A LARGE SALAD BOWL

ADD CHOPPED KALE, OIL, VINEGAR &
PEPPER- MASSAGE UNTIL DRESSING IS
INTEGRATED

MEANWHILE SOAK ONION IN WATER
REDUCES PUNGENCY

SLICE MANDARIN & PEAR PIECES IN
HALF

ADD FRUIT, DRAINED ONION & CHOPPED
ALMONDS

FINISH WITH A DRIZZLE OF MANDARIN
OIL & D'ANJOU PEAR VINEGAR FOR
GARNISH, PINCH OF SALT & PEPPER