

COLLEEN'S MASSAGED KALE SALAD

VIBRANT, ANTIOXIDANT-RICH, AND FULL OF TEXTURE



 4 servings

 10 minutes

INGREDIENTS

- large bunch lacinato kale
- 1 Tbs extra-virgin olive oil
- 1 tsp salt
- ½ tart apple, cut into matchsticks
- ⅓ cup dried cranberries
- ⅓ cup fresh pomegranate arils
- ¼ cup walnuts, choppe
- 1 cup feta cheese, dairy or plant-based

INSTRUCTIONS

1. Remove thick stems and slice the kale into thin ribbons
2. Add kale, salt, and olive oil to a large bowl. Use your hands to firmly massage the kale until it is soft and glossy
3. Add remaining ingredients and toss with your favorite balsamic vinaigrette