



## **Massaged Kale Salad with Honey Mustard Dressing**

Serves 4

- 2 large bunches kale, stems removed
- your favorite veggies for topping salads such as carrots, radish and cucumber
- 1 tbs dijon mustard
- 2 tsp honey
- 1 clove garlic, grated, or 1 clove roasted and minced
- the juice from  $\frac{1}{2}$  a lemon
- $\frac{1}{3}$  cup olive oil + additional for massaging kale
- kosher salt
- black pepper

### **Directions:**

- Place honey, mustard, lemon juice, garlic, pinch kosher salt and pinch pepper in a ball jar. Add olive oil, put the lid on, and shake until emulsified. Taste and add additional salt, pepper and lemon juice if desired. Set aside.
- Place kale leaves in a bowl and use your hands to tear the leaves apart. Add 1 tbs olive oil along with a pinch of kosher salt to the kale. Use your hands to massage the oil into the kale leaves, working until the leaves have softened and broken down, shrinking to half of their original size.
- Add the veggies to the kale along with 2 tbs of the dressing. Toss to combine and then taste, adding additional dressing if preferred. Remaining dressing will last for up to one week.