

## Seasonal Kale Salad

A simple salad with a huge amount of flavor. Unlike more tender lettuce leaves, hearty kale can withstand being dressed so enjoy it the first day or even up to 3 days refrigerated. The key to softer chew and easier digestion is to finely slice or chop into very small pieces. For an even softer chew or if you cannot have raw foods now, steam kale over boiling water for 3-5 minutes until bright colored and lightly wilted before slicing and making your salad. Add roasted veggies or cooked grains like quinoa or millet for a full meal.

2-3 tablespoons extra virgin olive oil or hempseed oil mix

½ teaspoon sea salt

1 small garlic clove, crushed and finely minced

2 tablespoons balsamic vinegar

1 tablespoon honey (can substitute maple syrup or agave)

1 large bunch of kale, de-stemmed and very thinly sliced

¼ cup dried cranberries (or substitute dried cherries or fresh pomegranate seeds, look for no-sulfur in the ingredients)

Optional: apple or pear slices, sliced fennel bulb, toasted pumpkin seeds, goat cheese crumbles, pecans, cooked grains



Directions: In a large salad bowl, whisk together the garlic, salt, oil, vinegar and honey. Add the kale and stir to combine. Toss in the cranberries and any optional ingredients. Let this sit for 15 minutes or up to 3 days refrigerated.

*Benefits: High in Folate, Fiber, Vitamin E, Vitamin K, Vitamin C, Vitamin A, Iron, Calcium!*

### Recipe Notes:

- \* Using hempseed oil, found in the refrigerated section, adds a hearty additional dose of omega 3 fatty acids and a light-nutty taste. It should have a deep green color to the oil and be stored in the refrigerator or freezer to keep stable.
- \* Substitute kale with collard greens or cabbages for a hearty, stable salad. If you don't need it to hold up for multiple days and can eat raw foods, try any variety of lettuces that you enjoy like baby watercress, arugula, spinach, or chard.
- \* Fennel is a crunchy yet tender vegetable with a light licorice flavor. It is supportive of a healthy digestive system and can be eaten raw or roasted.
- \* Seeds and nuts offer a variety of important minerals essential for a healthy body. If you have trouble chewing these textures, opt for hempseeds which are very delicate, or use your favorite nut or seed and puree until smooth with a little warm water then mix this into the dressing for an extra creamy dressing for all the benefits without problems you may have with the whole seed or nut.