

Kale Salad Recipes

Cold Summer Salad

Ingredients

Bowl of fresh kale (organic, pre-washed and cut in a bag)

Light version:

handful nuts

dash of sea salt

lemon juice

sesame oil or dark toasted sesame oil for more flavor

blueberries or any berry



Heavier version - add ANY/ALL of the following:

red, yellow, or green peppers

red onion

cilantro

avocado chunks (2-3 avocados depending on how chunky you want)

sea salt

lemon juice splash

*You can also try olive oil and balsamic vinegar as dressing

Directions

Make in a container that you can close, and shake to spread the dressing around. Best if sits for hour or so. Add blueberries, or any berry prior to serving.

Make enough for a couple of days (half or whole bag)

Warm Kale Salad

Ingredients

handful of kale

sea salt

lemon juice

Directions

Steam handful of kale for 2-3 min, remove immediately and put in bowl. Add: sea salt, lemon juice, and eat asap hot.

*This is best to make right before you eat, but can try as left overs as well.