

Seasonal Eating



Massaged Kale Salad

- 1/2 bunch kale, stalks removed and leaves thinly sliced
- 1/2 lemon, juiced
- Kosher salt
- 2 tablespoons olive oil + extra for drizzling
- 1 teaspoon honey
- Black pepper
- 1 (15-ounce) can mandarin orange segments, drained
- 1/4 cup dry roasted sunflower seeds

In a large bowl, combine the kale with half the lemon juice, a sprinkle of kosher salt and drizzle of oil. Massage the kale until it starts to soften and wilt, about 2-3 minutes. Set aside while you make the dressing. In a small bowl, whisk together the remaining half of lemon juice, honey and black pepper. Drizzle in the 2 tablespoons olive oil. Season with salt as needed. Stir dressing into kale and fold in oranges. Refrigerate until ready to serve. Sprinkle with sunflower seeds just before serving.