**MASSAGED KALE SALAD**—even veggie-haters will LOVE!

Ingredients: Kale, salt, oil, vinegar or lemon/lime juice, sunflower seeds, chopped or dried fruit, ie. Apple, pear, dried cranberries, prunes, etc.

1. Fill large salad bowl with cleaned, chopped kale.

(I typically buy already cleaned, chopped kale at BJ’s. Recipe is for ½ bag.)

2. Place ¼ tsp. of salt in the palm of your hand and sprinkle over kale.

3. Reach into the bowl and begin to massage the kale with both hands for about 2 minutes. You will begin to notice the kale “wilting” after about 1-2 minutes.

(I am typically removing large stems during this process as well.)

4. Add olive oil and apple-cider vinegar or lemon/lime juice to your taste.

5. Sprinkle about ¼ cup of fruit and ¼ cup of seeds.

6. Mix thoroughly.

7. ENJOY! SHARE WITH FRIENDS SO THEY CAN LEARN HOW DELICIOUS AND NON-”BITTER” KALE CAN BE THIS WAY!