

How To Use Kale In A Salad



1. Remove the tough ribs. Slice out the stems or pull the leaves from the ribs by hand.
2. Chop the kale into small, bite-sized pieces.
3. Sprinkle with salt (salt helps cut the bitter taste of kale).
4. Massage the kale: grab handfuls of kale and scrunch, release, scrunch, release. Repeat until kale is fragrant and dark green.
5. Drizzle with a bold dressing and massage into the leaves so the kale is lightly and evenly coated with dressing - this is important! Kale does well with zippy dressings.
6. Toss well with other additions. Try toasted nuts, grated or crumbled cheese and chopped raw fruits and vegetables.
7. Let salad marinate for 10 minutes before serving.



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