



Recipe From Phyllis' Kitchen



www.phyllisfitzgerald.com

RAW & BASIC KALE SALAD

- 1 bunch kale (red, lacinato, dino, or any variety)
- 1 teaspoon Himalayan sea salt (Kosher works fine)
- 1/4 cup fresh lemon juice
- 2-3 tablespoons olive oil or flax oil
- 1 teaspoon Bragg's Amino Liquids
- 1 garlic clove, crushed or diced finely
- 1/8 teaspoon red pepper flakes
- Dash of cayenne pepper
- Freshly ground pepper, to taste
- Red onion, chopped (optional)

Trim the leaves off of the kale stems and rinse thoroughly, discarding the stems (or save them for juicing!). Slice the kale into very thin ribbons, placing kale in a large bowl.

Add the salt to the kale and using your hands, massage the kale until it starts to wilt. This step helps with easier digestion, and softens the texture of kale. Add the remaining ingredients to the kale and toss well.

Add-ins:

Walnuts

Sunflower sprouts

Shredded carrots

Cranberries or golden raisins

Avocado

Mushrooms

The possibilities are endless for this salad. You can't go wrong.

Recipe adapted from a member of A Place on Earth CSA.