



# Massaged Kale Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

## Ingredients

2 bunches kale, stems removed and chopped, or 1 (16-ounce) bag cut kale

6 tablespoons lemon juice, divided (about 2 lemons)

3 tablespoons extra-virgin olive oil, divided

1 teaspoon honey

¼ teaspoon salt

¼ teaspoon ground black pepper

1 pint cherry or grape tomatoes, halved (about 2-3 cups)

¼ cup unsalted shelled sunflower seeds (can substitute another seed or chopped nut)

## Directions

1. Add the kale to a large mixing or serving bowl.
2. Add 4 tablespoons (¼ cup) of the lemon juice, 2 tablespoons of the oil, and the salt.
3. Massage the kale until it wilts down in size by about half and it feels more tender, about 1-2 minutes, making sure each leaf is coated with the lemon juice-oil mixture. Set aside.
4. In a small bowl, make a dressing by whisking together the honey, salt, black pepper, the remaining 2 tablespoons lemon juice, and the remaining 1 tablespoon oil.
5. Pour the dressing over the kale, along with the sunflower seeds and tomatoes. Toss to combine.
6. Serve immediately, or chill before serving.

## Recipe Notes

- Load this salad up with any of your other favorite vegetables, or even fruit.
- If you're watching the salt, you can reduce it, omit it, or substitute your favorite salt-free seasoning.
- For a more lemony flavor, add ½ teaspoon lemon zest to the dressing.
- This salad can be made 1-2 days before serving, if desired. Unlike salads made with lettuce or spinach, salads made with kale actually improve in flavor and texture with time.

**Nutrition Facts Per Serving: Calories: 155 | Total Fat: 10 g | Saturated Fat: 1.5 g  
Sodium: 140 mg | Total Carbohydrate: 15 g | Dietary Fiber: 3 g | Protein: 4.5 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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