

Marinated Kale Salad

INGREDIENTS:

- ◆ 5-6 cups kale, washed
- ◆ ¼ cup olive oil
- ◆ ¼ teaspoon sea salt
- ◆ ¼ cup red wine vinegar
- ◆ ½ cup red peppers, chopped
- ◆ ½ cup red onion, chopped
- ◆ 1-3 cloves raw garlic, minced
- ◆ 1 teaspoon red pepper flakes
- ◆ 1 tablespoon honey (brown sugar, guava)
- ◆ ½ teaspoon black pepper
- ◆ zest and juice of one lemon



NOTE: collards or any type of greens can be used.

PREPERATION:

- De-stem and chop kale. An easy way to de-stem greens is by folding them in half lengthwise along the stem with the darker green side down. Then pull up the stem until it comes off and you're left mostly with leaf. An easy way to chop the greens is to stack a few leaves, roll them up into a cigar shape and cut the through the greens cylinder, making strips.
- Place kale strips and red peppers in a large bowl.
- Whisk together olive oil, red wine vinegar, honey, salt, onions, garlic, red pepper flakes and ground pepper.
- Pour vinegar dressing over the collard green strips. Let marinate in the refrigerator for at least 3-4 hours, but overnight is best.

Adapted from Recipe by Eating Bird Food at <http://www.eatingbirdfood.com/2012/11/raw-collard-greens-salad/>



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