

Recipe of the Month

March 2024



Kale-Strawberry Salad

Serves 6-8

INGREDIENTS:

- 1 lb. Kale (approx. 3/4-1 bunch)*
 - 1/2 cup Vegetable or Olive Oil
 - 1/2 cup Strawberries, sliced
 - 1/4 cup Lemon Juice
 - 1 tablespoon Honey or Sugar
 - 1/4 teaspoon Salt
 - 1/2 teaspoon Pepper (Add more if you like!)
- * If using "ready to use" bagged Kale: Approx. 6 oz.

INSTRUCTIONS:

1. Wash kale & dry thoroughly.
2. Cut kale along sides of stem. Remove stems so you're only left with leaves.
3. Stack leaves & roll them up tightly lengthwise to resemble a tube shape. Cut across the top of the tube into very thin strips.
4. Add 1/4 cup of oil to kale. Massage oil into kale for 2 minutes.
5. Add strawberries to kale.
6. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing.
7. Add dressing to kale. Mix. Refrigerate for 1 hour.

