



# Massaged Kale Salad

## Ingredients:

- 1 large bunch of kale (about 8 cups)
- 1 finely minced garlic clove
- 2 T extra virgin olive oil
- 2 T honey
- 1/2 t kosher salt
- 1/3 cup raisins (reduced sugar if possible)
- 1/3 cup walnuts, pecans or another nut

## Directions:

1. Finely slice (chiffonade) the kale.
2. Make a paste with the garlic and salt by pressing with the flat blade of the knife. In a large bowl, mix the garlic paste, olive oil and honey until combined.
3. Add the sliced kale to the bowl and massage the garlic mixture into the leaves for FIVE minutes. This process “cooks” the kale and removes the bitterness.
4. Top with dried fruit, apple and nuts and toss.

## Serves 8

**Nutrition Facts:** 140 calories, 7 g fat, 1 g saturated fat, 20 g carb, 3 g protein, 180 mg sodium, 2 g fiber

This salad is also great with pear, pomegranate, orange slices, and mango - have fun experimenting!

Think you hate kale? Well, this salad is about to change your mind! Massaging the kale lets you enjoy the flavor of kale without the pungent bitterness - it completely changes the taste! Massaging also releases the chlorophyll in the kale, making it more available to nourish your body.

## Fun Facts:

When comparing kale to sirloin steak calorie per calorie, kale wins the day and has 2x protein, 4x iron, 200x calcium, 12x magnesium, 15x folate, 800x vitamin A and 10,000x antioxidants! Kale is a true superfood and nutrition power house!

Are you on coumadin (warfarin)? Did you know you can still enjoy your leafy greens? To ensure that warfarin is effectively thinning your blood, it's important to eat about the same amount of vitamin K every day. Vitamin K helps your blood clot which helps wounds stop bleeding. Warfarin works against vitamin K, making your blood clot more slowly. Be sure to talk with your doctor before changing your daily consumption of vitamin K so they can make recommended adjustments to your warfarin dose.

**Sources of vitamin K:** green leafy vegetables, collards, kale, mustard greens, spinach, Swiss chard, romaine, broccoli, Brussels sprouts and cabbage. The bacteria in your gut also make vitamin K.