**Massaged Kale Salad:**

*Give your kale a little love and you can turn this tough bitter plant into a more sweet and tender masterpiece. Perfect preparation for using kale in a salad, soup, or before sautéing it.*

**Ingredients**
- Bunch of kale
- Olive oil
- Salt

**Directions**
1. Chop de-stemmed kale into thin ribbons.
2. Place in large bowl and drizzle with a little olive oil and salt. Massage firmly with your hands until kale begins to make a “slurping” sound. This usually takes around 5 minutes. The volume will significantly reduce and the color will become more intense.

**Chef’s Tip**
Add other ingredients such as lemon juice, balsamic vinegar, chopped apples, dried fruit, nuts and seeds, cooked quinoa, avocado slices...the list is endless!

*Recipe provided by Kaylie Moyes and Brittany Hathaway, USU dietetics students.*