

Jana's Delicious Raw Kale Salad

This is a dish I invented and I now eat so much of it, I might be part kale.

Ingredients:

Fresh Kale, curly, Lacinto, red leafed...any kind

Nutritional yeast (get it at Guido's or the Coop)

Pine nuts or walnuts

Dried Cranberries

Blueberries (in season)

Extra Virgin Olive Oil

Sea salt

Recipe:

Wash kale, then cut pieces finely into strips. Place in a bowl.

Drizzle Olive oil, then massage for a minute or more. This helps to make the kale sweet.

Add 2 TB of Nutritional Yeast, salt, nuts, cranberries and whatever else you might have and massage some more.

(sticky but delicious hands)

Toss with a spoon and enjoy!

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