

## *"Farm Fresh Recipes"*



SMB Colorado Master Gardeners<sup>SM</sup> and The Norwood Farm and Craft Market

### *Massaged Kale Salad*

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#### Ingredients

- 1 bunch of kale, washed and ripped into pieces
- 1 clove of garlic, crushed
- Juice from 1 lemon
- 2-3 tbsp extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1 pinch black pepper
- 1 big handful of toasted pumpkin seeds

#### Directions:

Put kale in a large bowl and add olive oil and massage the kale for 2 minutes then add garlic, lemon juice, salt and pepper and massage to blend and set aside for 20 minutes. Top with toasted seeds and enjoy!

I also sometimes sprinkle with nutritional yeast too. My favorite kale is Red Russian, because it is more tender than other varieties.

Recipe Provided by:  
Jennifer Lyon, Library Technician  
Mendocino County Library  
Ukiah, CA

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