

Massaged Kale Salad

From Robin Geiman

1 bunch of kale, thinly sliced into ribbons

1 lemon, juiced

1/4 cup olive oil

Kosher salt

2 tsp. honey

freshly ground black pepper

1 mango, diced (or other fruit, I also like apple)

2 TBS pepitas (or other nut)

In a large bowl, add kale, half of the lemon juice, and a pinch of Kosher salt. Massage till soft.

In a small bowl, whisk the rest of the lemon juice with the honey and black pepper. Stream in the oil as you whisk. Pour over the kale. Add fruit and seeds/nut.

*My tip was to twist bacon strips into long spirals and bake at 350° to make bacon "straws".