

Recipe – Rubbed Kale and Blood Orange Salad

Ingredients:

- 2 bunches freshest possible kale, we used Lacinato kale
- about 1 tsp salt for rubbing (you won't eat it all)
- 4 blood oranges, sliced and segmented, save any juice that escapes
- Juice and zest (should be organic if using zest) of a lemon or lime
- ½ - 1 cup brazil nuts, chopped
- 3 cloves garlic, minced
- olive oil
- black pepper
- Optional: a few drops of stevia

Directions:

Wash and drain the kale. Tear it into bite-sized pieces.

Sprinkle on salt and a little drizzle of olive oil and gently rub the salt into the kale with your bare hands to break it down just a bit and release the brilliant green color. Taste it. If it got too salty, rinse it off partially. Best to not use too much to begin with.

Combine the kale, orange and nuts.

Whisk together a dressing of garlic, ¼ - ½ cup olive oil, citrus zest and juice, pepper and a few drops of stevia, if desired.

Dress and toss the salad.

Serves 8.