

Massaged Kale Salad with Goat Cheese



Preparation Time: 10 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

- 1 Tablespoon grainy mustard
- 1 Tablespoon honey
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons vegetable oil
- 2 bunches kale, stems removed and leaves chopped (about 9 ounces)
- 1 teaspoon sea salt
- 3/4 cup sunflower seeds
- 1/4 cup red onion, slivered
- 3 ounces goat cheese, crumbled

Description:

Combine mustard, honey and balsamic vinegar in a cup. Whisk in the oils in an even stream to fully blend. Set aside.

Add kale to a very large bowl. Sprinkle with salt, tossing leaves while sprinkling. With your hands, “massage” or squeeze the kale leaves for one minute. The kale will start to wilt and soften a bit, but still have some body.

Drizzle half the dressing over the kale; toss to coat. Add the sunflower seeds, onions and goat cheese, tossing again. Add additional dressing, as desired

Sara's Tip: Massaging the dark green kale gives it a soft and smooth texture that delivers the healthy oils in the salad dressing along with the great nutrients in the leaves.