

Simple Marinated Kale Salad

This is an easy way to marinate kale.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 20 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Kale, raw	2 cups
Cold pressed extra virgin olive oil	60 milliliters
Lemon juice, fresh	2 tablespoons
Fine sea salt	4 x 1/4 tsp

Instructions

Prep

1. Before chopping the kale, remove the long stem that runs up through the leaf, and use only the leafy green parts. Cut the kale very thinly, to expose as much surface area as possible to the marinade
2. In a bowl, toss together kale, olive oil, lemon juice and salt, and set aside for 10 minutes to soften
3. Serve immediately or transfer to an airtight container and refrigerate for up to three days
4. Before serving, toss with a dressing of desired

Variation

Substitute 0.25 cup (60mL) flax oil for the olive oil, and 2 tsp (10mL) apple cider vinegar for the lemon juice