



# Massaged Kale and Cranberry Salad with Feta

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Recipe Source: [www.melskitchencafe.com](http://www.melskitchencafe.com)

Serves: 3

## Ingredients:

- 1 bunch kale (about 6 cups)
- $\frac{3}{4}$  tsp coarse kosher salt or sea salt
- $\frac{1}{4}$  cup finely diced red onion
- $\frac{1}{2}$  cup dried cranberries
- $\frac{3}{4}$  cup small-diced apple
- $\frac{1}{4}$  cup toasted sunflower seeds
- $\frac{1}{4}$  cup olive oil
- 2 TBSP red wine vinegar
- $\frac{1}{2}$  tsp sugar
- $\frac{1}{4}$  cup crumbled Feta cheese

## Steps:

- Wash the kale and pat it dry. Slice off the stiff stems below the leaves and continue slicing them stem away from the leaf until you have cut a thin v-shape into the kale leaf and removed the tough stem all the way up. Stack the kale leaves two or three at a time, roll them up, and slice the leaves into thin ribbons.
- Place the kale ribbons in a large mixing bowl. Add the salt and massage it into the kale with your hands for two minutes. You'll notice the kale start to turn a darker green and the texture of the kale will begin to soften a bit.
- Toss in the red onions, dried cranberries, apples, and sunflower seeds. In a small bowl, whisk together the oil, vinegar and sugar. Pour over the salad and toss. Sprinkle feta cheese over the top and serve.
- The salad can be refrigerated for up to a day before serving. (If doing this, refrigerate the salted kale separately from the other ingredients and toss the salad together an hour or two before serving.)

*Tips from the Test Kitchen: You can decrease the salt, depending on the size of the bunch of kale. If using a smaller bunch, decrease the salt to  $\frac{1}{4}$ - $\frac{1}{2}$  tsp salt.*

**Nutritional Facts (Per Serving):** Calories: 376, Carbohydrates: 34 grams, Protein: 4 grams, Total Fat: 20 grams, Saturated Fat: 4 grams, Cholesterol: 8 mg, Sodium: 712 mg, Fiber: 4 grams, Total Sugars: 19 grams.