



Massaged Kale Salad with Craisins and Feta Cheese

Recipe Source: www.melskitchencafe.com

Ingredients:

- 1 bunch kale
- $\frac{3}{4}$ tsp coarse kosher salt or sea salt
- $\frac{1}{4}$ cup finely diced red onion
- $\frac{1}{2}$ cup dried cranberries/craisins
- $\frac{3}{4}$ cup small-diced apple
- $\frac{1}{3}$ cup toasted sunflower seeds
- $\frac{1}{4}$ cup olive oil
- 2 TBSP red wine vinegar
- $\frac{1}{2}$ tsp sugar
- $\frac{1}{3}$ 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, craisins, 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.