



## SWEET & TANGY KALE SALAD

*Recipe by Sarah Ohana*

### **Ingredients**

- 1 large bunch of Red Russian kale
- 2 TBSP olive oil
- 1 tsp sea salt
- 1 lemon
- 1-2 cloves garlic (to taste)
- 1/3 cup golden raisins (or dried cranberries)
- 1/3 cup chopped pecans (or nuts of your choice)
- 1 TBSP nutritional yeast (or more if you love it!)
- 5-6 violas or pansies (edible flowers)

### **Instructions:**

1. Remove kale leaves from stems by pulling along the rib.
2. Chop kale into 1" strips (or your preferred "bite" size).
3. [Wash](#) and inspect kale to ensure it is bug-free!
4. Move clean kale to a large salad bowl, then drizzle oil and sprinkle salt.
5. Gently massage kale with olive oil and salt (30 seconds).
6. Squeeze the juice of half a lemon onto the kale. Taste, then add other half if necessary.
7. Add garlic, raisins, nuts, and nutritional yeast. Toss the salad.
8. Garnish with flowers and enjoy!