

Massaged Kale

Cooking in 3-V

1 bunch of kale, washed (any kind and preferably organic)
½ onion, thinly sliced
1 fresh lemon, juiced
3 cloves garlic, minced
3 tbsp avocado oil (or olive)
S & P, to taste
Nuts of choice for topping (I'm using sunflower seeds) (opt)

Directions

1. Prepare the kale by removing the stems and cutting it into thin ribbons, set aside
2. In a small skillet, heat the oil and add the garlic. Sauté garlic over medium heat for about 30 seconds. Remove from heat and let cool.
3. Take the kale in the large bowl and toss in the cooled oil, lemon juice, salt and pepper.
4. Massage the kale for 2-3 minutes with your hands. You will see the leaves start to wilt.
5. Top kale with nuts and enjoy!