

# Lean and Green- Best Ever Kale Salad

1. Preheat the oven to 300F. Spread the pecans onto a baking sheet and toast in the oven for 8-10 minutes until fragrant and lightly golden.
2. Remove the stems from the kale and discard (you can save for smoothies if you are hard core!). Finely chop the kale leaves (the smaller, the better!).
3. Wash the kale and spin dry. Place dried kale into a large bowl.
4. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.
5. For the pecan parm: Rinse out the mini processor and pat dry. Add the pecans into the processor and process until the pecans are the size of peas or a bit larger. Now add in the nutritional yeast, oil, and salt and process again until it's a coarse crumb. Be sure not to over-process – we still want a nice crunchy texture here, not powder.
6. Sprinkle the pecan Parmesan all over the salad. Toss on a handful or two of dried cranberries. Wrap and place in the fridge for 30-60 minutes to soften. I tried letting this salad sit overnight in the fridge and I greatly preferred the flavour of the salad served *the day of*, so I **don't** recommend making this

salad the day before and letting it sit in the fridge overnight.

Note: 1) Instead of a mini processor, you can chop/whisk the dressing and pecan "parmesan" by hand. 2) For a nut-free version, try using breadcrumbs instead of pecans.

Read

more: <http://ohsheglows.com/2013/11/25/the-best-shredded-kale-salad/#ixzz3ElDsDqrc>

We are always encouraging our clients fill-up on greens, and if you are participating in our 10 in 10 challenge you understand- it's time to make friends with kale!

Why we love kale:

- One (36 calorie) cup provides 15% of our daily calcium and B6 requirement for the day. This is particularly important for dairy-free folks like myself.
- Kale is a fantastic source of alkalizing minerals like magnesium. Did you know that most Americans are deficient in Magnesium? If you have symptoms such as poor quality sleep, anxiety, chronic pain or muscle cramps, a daily dose of kale may be just what the doctor ordered!
- It's Mother Nature's multi-vitamin. We can meet all of our Vitamin A, C and K requirements for the day with just one cup.
- Kale is loaded with cancer fighting phytonutrients (way too many to list) and detoxifying fiber and sulfurs. These are key components of a lean and radiant body!!!

If kale sounds a little scary, start with a baby variety.

Market basket always has pre washed Olivia's baby kale in stock. It is slightly more mild than others and goes well in smoothies and salads. Add chopped kale to your morning omelette, or sauté it with butter, onions and garlic.

Include chopped kale in your favorite soups and stews, or baked into kale chips. Kale thrives in cold weather, so it should be available at local farmers market well through the fall. Eat your kale- your body will thank you;)

This is without a doubt, the best kale salad I've ever made.

It makes plenty to share (perfect for your next potluck), or enough to enjoy for a few days on your own!