



## MASSAGED KALE SALAD WITH MAPLE APPLE CIDER VINAIGRETTE

By Dr. Cindy Tanzar  
(Standard, Vegan & Vegetarian Plans)

This recipe was inspired from a suggestion by Cathy Blanks, one of our vegan clients.

Kale has become a real front-runner over the past few years due to its high nutritional content of antioxidants, vitamins and health-promoting phytochemicals; however, it can be a bit dense and tough if eaten as a salad. The secret is to “massage” the kale to break down its tough fibers. It also helps lend to a milder, sweeter taste. Add protein to make a complete meal – chicken or salmon is great, or hemp hearts can provide a nutty protein source for vegans or those on the standard plan.

This recipe is one serving and covers your vegetable, fruit and fat for one meal.



### INGREDIENTS

#### Salad:

1-3/4 cup organic raw kale, packed

1/4 cup cucumber (small diced) and red onion (thinly sliced)

1 orange, peeled & segmented with pith on, cut into bite-sized pieces  
(can use a Granny Smith apple, as well)



Dressing:

2 Tbsp Lakanto Maple Syrup (not regular syrup)\*

1-1/2 Tbsp Braggs Apple Cider Vinegar

1 Tbsp Dijon mustard

1/4 tsp. Pink Himalayan salt

1/8 tsp. black pepper, ground

1/4 cup extra virgin olive oil

## INSTRUCTIONS

In a small jar or small bowl, combine the Lakanto syrup, vinegar, Dijon, salt and pepper. Slowly add the olive oil, whisking well; or add at once and shake in a jar. Set aside.

Place the kale, cucumber and red onion in a medium bowl. Drizzle with 2 Tbsp of the dressing and vigorously massage the salad with your hands for 2-3 minutes. You will feel the kale begin to soften in your hands quickly. (Yes, you will get your hands dirty!)

Place the salad on a plate. You can add another Tbsp of dressing, if you like – especially if you add protein.

NOTE: If you want to make your kale salad even easier, just use ½ Tbsp vinegar and 2 Tbsp of oil or 2 Tbsp of a Primal Kitchen Vinaigrette.

\*I have found Lakanto maple syrup at Fresh Market and Walmart in the past, but not much lately. Amazon carries it.

[Lakanto Maple Syrup](#)

