

THE MARKET

SUMMERFIELD FARMS

CERTIFIED ORGANIC MASSAGED KALE SALAD

INGREDIENTS

1 bunch Summerfield Farms certified organic kale, ribs removed and discarded
(6 oz total without ribs)

1 tbsp extra-virgin olive oil

1/2 tsp kosher salt

1 tbsp freshly squeeze lemon juice (from 1/2 lemon)

1/3 cup fresh grated Parmesan cheese (Parmigiano-Reggiano)

DIRECTIONS

1. Slice the kale into 1/4-inch thin ribbons.
2. In a large bowl combine the kale with oil and salt.
3. Using your hands, massage the kale for 3 minutes until the kale softens.
4. Toss with the lemon juice and grated cheese and serve.