

Raw Kale Salad

Serves 6

Ingredients

- 2 bunches kale, stemmed, washed, and chopped fairly small
- ½ cup freshly-squeezed orange juice
- 3 tbsp. extra virgin olive oil
- 2 tbsp. apple cider vinegar
- 2 tbsp. agave nectar
- Salt and pepper to taste
- 2 medium oranges, cut into bite-sized pieces
- 1 and ½ cups julienned carrots
- 1 and ½ cups thinly sliced celery
- 1 and ½ cups quartered cherry tomatoes
- 1/3 cup dried cherries, cranberries, or raisins
- ¼ cup pepitas (roasted pumpkin seeds)

Directions

- 1) Put the kale in a large bowl. (I don't recommend using wood).
- 2) In a small bowl whisk together the orange juice, olive oil, apple cider vinegar, and agave. Season with salt and pepper.
- 3) Pour the dressing over the kale and massage it with your hands for a few minutes, or until the kale is evenly coated with the dressing. Cover with plastic wrap and refrigerate for about half an hour, or until the kale is slightly wilted and tender.
- 4) Add remaining ingredients, toss, and serve!