

Massaged Raw Kale Salad

Kale is a hearty winter green that holds up well in soups and stews. But it's also wonderful as a salad if you give it a three-minute massage.

I realize it might sound odd to massage your greens, but you'd be surprised how this tough green leaf transforms into a tender, light salad. As you rub it with olive oil using your hands, the leaves darken and shrink in size and the texture becomes soft – it's delicious! Then it's tossed with lemon juice and grated parmesan cheese. Gluten-free, vegetarian and easy to make.

I can't believe I never shared a massage kale salad on my blog. I eat them often, sometimes with avocado, or raisins and almonds. So when I got my hands on [The Kitchn Cookbook](#) and saw this recipe listed as a side dish in the book, I knew this would be perfect to share.

[The Kitchn Cookbook](#) from [Apartment Therapy's](#) cooking site [The Kitchn](#), has great tips for setting up the perfect organized kitchen, storage tips and over 150 recipes with full-page color photographs and a cooking school with 50 lessons – perfect for the beginner cook, newlyweds, college graduates or anyone learning how to cook.

The best part about this salad is that you can make it, refrigerate it, and it's still perfect the next day. It won't get wilted or soggy like lettuce once it's tossed with dressing, so it's the perfect salad to make ahead for lunch – just add your favorite salad fixins.

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Skinnytaste.com

Servings: 4 • Size: 1 1/4 cups • Old Points: 2 pts • Points+: 2 pts

Calories: 80 • Fat: 6 g • Carb: 3 g • Fiber: 1 g • Protein: 4 g • Sugar: 1 g

Sodium: 304 mg • Cholesterol: 7 mg

Ingredients:

- 1 bunch kale, preferably dinosaur (lacinato), 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:

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

Toss with the lemon juice and grated cheese and serve.

Makes 5 cups. Will keep in an airtight container for up to 3 days.

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