

RECIPE OF THE WEEK

Kale Salad with Oranges

- 1 bunch kale
- 1 tablespoon olive oil
- 1/4 teaspoon celtic sea salt
- 1 lime, juiced
- 1 teaspoon balsamic vinegar
- 1 tablespoon red onion, finely chopped
- 1 orange, peeled and sliced

Chop the kale into thin ribbons (almost like a chiffonade). Drizzle the kale with olive oil and sprinkle with salt. Massage the kale with your hands to soften it, then allow it to sit for 5-10 minutes. Add the lime juice, vinegar, onion and orange. Allow to marinate for 10 minutes. Serves 4.