

Superhero Kale Salad

Easily a favorite from Garden City Harvest's family-friendly cooking classes, this kale salad is simply delicious and might even give you superpowers it's so healthy!



Ingredients:

- 8 large kale leaves (any variety, green curly and dinosaur work well)
- 1 Tbsp olive oil
- 1 carrot or beet
- Juice of 1 orange
- Juice of 1 lemon
- 1 Tbsp honey
- $\frac{1}{3}$ cup pumpkin or sunflower seeds
- $\frac{1}{2}$ cup fresh fruit (options: strawberries, raspberries, blueberries, apple)

Directions:

1. Remove the kale leaves from the stems. Tear the kale leaves into bite-sized pieces and put into a bowl.
2. Using your hands, massage the olive oil into the kale until all the leaves are shiny (this will soften the taste of the kale).
3. Grate the carrot. Add to kale and mix.
4. To make the dressing, start by juicing an orange and a lemon. Mix the juices with honey in a small bowl. Drizzle the dressing onto the salad.
5. Cut fruit into small pieces. Add fruit and pumpkin seeds to salad. Mix and enjoy!