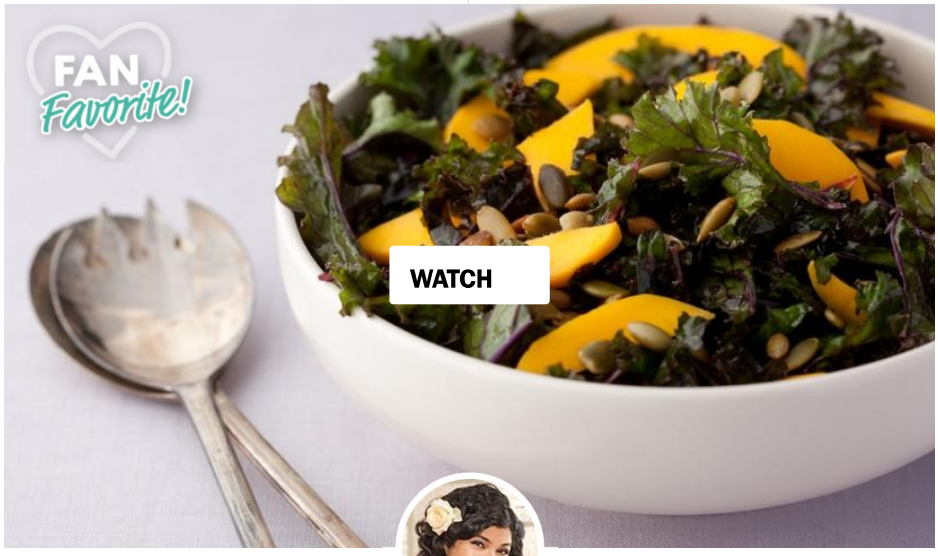


RECIPE COURTESY OF AARTI SEQUEIRA

Massaged Kale Salad

★★★★★ 639 Reviews

Save Recipe

Level: **Easy**	Prep: **20 min**	Yield: **4 servings**
Total: **20 min**		Nutrition Info

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Ingredients:

- 1 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced
- 1 lemon, juiced
- 1/4 cup extra-virgin olive oil, plus extra for drizzling
- Kosher salt
- 2 teaspoons honey
- Freshly ground black pepper
- 1 mango, diced small (about 1 cup)
- Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons

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Directions:



Watch how to make this recipe.

1 In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

2 In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes. Pour the dressing over the kale, and add the mango and pepitas. Toss and serve.

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639 Reviews, 6 Comments



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Nina D. 43 days ago

★★★★★

Delicious healthy salad - I didn't have mango so I subbed mandarin oranges instead and added grilled chicken for a perfect summer dinner!

0 Comment

yskibo 69 days ago

★★★★★

Delicious! Mango goes so well with kale adding fresh, sweet flavor. I mixed in quinoa and topped with chicken breast to make a meal of it. Great way to eat superfood.

0 Comment

ALEXANDRA N. 88 days ago

★★★★★

A total hit! A keeper. Gets even better the next day. I've lost count how many times I made this

0 Comment

Anonymous 90 days ago

★★★★★

Absolutely delicious!! And this is a great comment since I love the benefits of kale but have to "force" myself to eat it. This recipe, yumm ummm!! This is now my standard, I want this all the time, Summer Salad! I make it with or without pepitas but the best substitute are walnuts; also with or without :)

0 Comment

sonya p. 204 days ago

★★★★★

We loved this salad! It was really good a couple of hours after we made it but, the leftovers were spectacular! Last night at dinner, I wondered if I needed a touch more honey as the lemon acidity stood out...today at lunch- the perfect balance. I envision making this on a regular rotation- fresh and so satisfying!

0 Comment

9725240 329 days ago

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