



naturopathic • acupuncture

Mediterranean Kale

4 kale leaves, stems removed	1/8 teaspoon salt
1 ½ teaspoons extra-virgin olive oil	¼ red bell
pepper, diced	
1 ½ teaspoons fresh lemon juice	1 tablespoon nuts or
seeds	

Slice kale crosswise into thin strips. Place in a mixing bowl along with the olive oil,lemon juice, and salt. Toss well with your hands, working the dressing into the greens. Add the red bell pepper, nuts or seeds, and toss gently. Marinate for 10 minutes at room temperature before serving. Season to taste with black pepper, if desired. Serve at room temperature before serving.

Source: Raw Food Made Easy

www.TrueHealthMedicine.com • 503-691-0901
8555 SW Tualatin Road, Tualatin, OR 97062



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