



## **MASSAGED KALE**

**SUBMITTED BY: BEVERLY MAGLEY**

### **Ingredients:**

4 cups tender kale, sliced into ribbons

5 T. olive oil

1/2 c. goat cheese (or try bleu cheese instead)

juice of 1/2 lemon

1 sweet apple, diced

small clove garlic, diced fine

Salt and pepper to taste

### **Instructions:**

Pour the oil and lemon on the shredded kale, add the garlic, and dive in with both hands. Massage it, squeeze it, rub it together to tenderize it. Add the other ingredients and enjoy! Easy to make ahead: it holds well when refrigerated.