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Wellness Ideas for Everyday Living.

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Simple Kale Salad

Makes 1 serving

Ingredients:

2 cups Kale sliced in 1/4 inch ribbons
1 tablespoon dried unsweetened cranberries
5 cherry tomatoes
1 sliced mushroom
1 tablespoon olive oil
1/2 tablespoon balsamic vinegar
salt and pepper to taste

Directions:

1. Massage kale with fingers to breakdown its stiffness.
2. Add other ingredients to kale and mix well.
3. Let rest in refrigerator until ready to eat.
4. Add cooked tuna, salmon, chicken, or turkey for added protein boost.