

Kale Salad with Yogurt Dressing

This recipe redefines what a kale salad can be. By massaging the kale first, you break down the fibers leaving the greens tender and delicious!

Makes: 4 servings

Ingredients

Salad

- 1 bunch kale (about 4 cups)
- salt and pepper to taste
- 2 tablespoons olive oil, divided
- 1 lemon?(zested and juiced - save zest for dressing)
- 1 lime?(zested and juiced - save zest for dressing)
- ½ cup pumpkin seeds (pepitas), toasted



Dressing

- lemon and lime zest
- 1 cup Greek yogurt
- salt and pepper?to taste
- ½ cup cilantro, chopped
- 1 jalapeño chili pepper, seeds removed and diced (optional)

Directions

1. Wash and dry kale. Remove leaves from stems. Tear leaves into bite-sized pieces.
2. Season kale with salt, pepper, 1 tablespoon of olive oil, lemon juice, and lime juice.

3. Massage kale until the leaves just start to wilt.
4. To make the dressing: In a separate bowl, add the lemon and lime zest, yogurt, salt and pepper, and remaining 1 tablespoon of oil and stir. Mix in the cilantro and jalapeno pepper, if desired.
5. With a spoon, toss the massaged kale with yogurt dressing.
6. Add the pumpkin seeds over salad.

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