Massaged Kale Salad with Lemon

Ingredients
Serves 10-15 for a taste test

- 1 bunch of kale
- 1/3 cup extra virgin olive oil
- 1/4 cup fresh lemon juice (approx. 1 large lemon)
- 2-4 garlic cloves, minced
- 1/4 teaspoon kosher salt
- 1/2 cup parmesan (optional)

Directions
1. Wash kale and remove stems and any yellow leaves. Chop or shred leaves by hand.
2. Put all ingredients in a bowl and massage with your hands for a few minutes until kale leaves are about half the size they were when you started.
3. Serve and enjoy!

Recipe adapted from A Cedar Spoon

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