



Wheeler

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Kale Salad You Will Want to Eat

Kale is not always a kid's favorite thing to eat but using this massage technique makes the kale soft and tender. A nutrition super star, kale makes a great base for a winter salad. The cranberries add a slight sweetness and the sunflower seeds give the salad some crunch and contribute to a sweet and salty taste.

Ingredients

2 shallots, peeled and thinly sliced
1/4 cup apple cider vinegar
Kosher salt
1 tablespoons honey
½ cup olive oil or extra virgin olive oil or canola
Ground black pepper
½ cup sunflower seeds
¾ cup dried cranberries or raisins
2 bunches of kale, stems removed, washed, and dried

Equipment

Measuring cups	Small bowl or jar with lid
Liquid measuring cup	Whisk
Large bowl	
Large spoon	

Directions

1. Wash, trim and dry your kale. Slice into thin ribbons or use your hands to tear into small pieces. Place in a large bowl. Add sunflower seeds and cranberries. Use your hands to massage the greens until the kale softens and turns darker in color. This should take 20 to 30 seconds.
2. Make your dressing. In a small bowl or jar mix (or shake if using a jar) honey, oil, and pepper. To that add the thinly sliced shallots, vinegar, and salt.
3. Pour dressing over kale and use hands or a large spoon to mix once or twice. Serve immediately or hold in the fridge for up to 1 day.

😊 Little helpers: This dish is a great one for kids to try on their own, they may just need some help slicing the shallots. Allow them to tear the kale and use the hands to massage the leaves. They can also practice their math skills measuring the different ingredients. Making the dressing in a jar is fun for youngsters because it maybe easier for them to shake instead of stir.

🍏 Kale is high in fiber and a great source of vitamins A, C and K, and a good source of calcium. The sunflower seeds and olive oil add a good dose of healthy fats. The fat will help make the salad more satisfying but also helps enable our bodies to absorb some of the fat-soluble vitamins in the kale.