

Kale Raw Veggie Salad

By Charlenne Carl



Raw Vegetable Mix

1 bunch of Kale –diced/chopped. (For best results, use a mix of Lacinato kale & regular curly edge kale)

¼ red bell pepper chopped and/or yellow, orange, or purple peppers...but NO green peppers

¼ cup celery, chopped

¼ cup chopped or grated carrots

Dressing

Blend:

4 tablespoons of organic olive oil

2 tablespoons of fresh lemon Juice

1 dash of sea salt

1 clove of garlic, crushed

Directions

Mix all vegetable ingredients together and pour in blended seasoned oil and toss.

Let marinate for 2 hours - longer if you desire more saturated flavor. These vegetables do NOT wilt, so you can store this dish in refrigerator for a day or two.

This is a beautiful dish perfect for festive holiday meals. Kale is considered to be one of the most highly nutritious vegetables, with powerful antioxidant properties and is anti-inflammatory. Kale is a leafy green vegetable that belongs to the Brassica family, a group of vegetables including cabbage, collards and Brussels sprouts that have gained recent widespread attention due to their health promoting, sulfur-containing phytonutrients. Kale is very high in beta carotene, vitamin C, lutein and zeaxanthin and reasonably rich

in calcium.