

Greek Kale Salad with Lemon Olive Oil Dressing

Greek Salad Ingredients:

- 1 large bunch about 10 ounces or 3-4 cups kale leaves, finely chopped
- 1 pint cherry or grape tomatoes halved
- 1 cucumber seeded and diced
- 1/2 red onion thinly sliced

Lemon Dressing Ingredients:

- 1/2 cup extra-virgin olive oil
- 1/4 cup lemon juice
- 1 garlic clove minced
- 1 teaspoon dried oregano
- Himalayan sea salt and pepper to taste



1. To make the dressing: In a small to medium mixing bowl, combine olive oil, lemon juice, garlic, oregano, salt, and pepper. Whisk until combined.

2. To make the salad: Combine all the chopped ingredients in a large bowl, pour dressing over salad and mix. 3. Prepared and dressed salad can be stored in the fridge for up to 48 hours.

Serving Size = 2 cups with 2 teaspoons of dressing

