

## KALE SALAD

I have heard many people who say they do not like kale try this salad and exclaim they now love it. Try it and see!

- ½ lb fresh kale (chopped well)
- ½ sweet onion (sliced thinly)
- 1 shredded / grated carrot
- 1 can ripe olives, sliced
- 1 Tbs olive oil
- 3 Tbs FRESH squeezed lemon juice
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp basil
- ¼ tsp oregano
- ¼ tsp dill weed
- ½ tsp sea salt or herbamare (seasoned sea salt)



Take stems out of kale then chop very well and place in a bowl. Put the onion, carrot and olives in the bowl also. In a small jar, place the olive oil, lemon juice, herbs, seasonings and salt into it. Put the lid on tight and shake until mixed thoroughly. Pour over the kale, veggies and olives in the bowl and toss well.