

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Massaged Kale Salad

From www.foodnetwork.com courtesy of Aarti Sequeira

Serves 4

1 bunch kale, stalks removed and discarded, leaves thinly sliced

1 lemon, juiced

¼ cup extra-virgin olive oil, plus more for drizzling

Kosher salt

2 teaspoons honey

Freshly ground black pepper

1 mango, diced small (about 1 cup)

Small handful toasted pumpkin seeds, about 2 rounded tablespoons

1. In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
2. In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the ¼ cup of oil while whisking until a dressing forms.
3. Pour the dressing over the kale, and add the mango and pumpkin seeds. Toss and serve.

How to dice a mango:



1 The mango has a flat-ish oblong pit in the center of it. Your objective is to cut along the sides of the pit, separating the flesh from the pit. Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit. Then repeat with the other side. You should end up with three pieces - two halves, and a middle section that includes the pit.



2 Take a mango half and use a knife to make lengthwise and crosswise cuts in it, but try not to cut through the peel.

3 At this point you may be able to peel the segments right off of the peel with your fingers. Or, you can use a small paring knife to cut away the pieces from the peel. Take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit and remove the peel.