

5-STEP RAW KALE SALAD



FROM HEALTHY HAPPY VEGAN KITCHEN  
BY KATHY PATALSKY

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This salad was a big winner on my blog. Everyone fell in love with the ease of the recipe and the deliciousness of the flavors. When you hear about kale salads being trendy and craveable, this is the type of salad that everyone is referring to! Raw kale marinated or massaged with flavors, tahini or nut butter, avocado, veggies, a sweet accent, and something sassy like lemon juice or apple cider vinegar. Make this your go-to raw kale recipe—it only takes five steps!

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SERVES 3

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- 1 Wash the kale. Run each thick leaf under warm water and massage any grit away. Tear the leaves away from the thick stalks and place them in a large bowl. Rinse and drain the leaves several times until the kale is adequately clean. Drain the water from the bowl for a final time and squeeze the kale dry with a few paper towels. Remove any large pieces of kale from the bowl and finely chop them into long strips. (If you like large pieces of kale you can skip this last chopping step.) You should have 4 to 6 cups of kale.
- 2 Place the kale, carrots, avocado, and onion in a large bowl.
- 3 **For the Simple Sweet Tahini Dressing:** In a small bowl, whisk the dressing ingredients together.
- 4 Add the dressing to the bowl of veggies and kale and start tossing. Massage the dressing into the kale with your hands, if you'd like, for more infused flavor. Fluff and toss until the dressing is well absorbed into the greens and veggies. Fold in the seeds, if desired.

recipe continues

- 1 bunch kale
- ¾ cups shredded carrots
- 1 small avocado, diced
- ½ cup diced sweet onion

### SIMPLE SWEET TAHINI DRESSING (SEE NOTE)

- 3 tablespoons fresh lemon juice (or apple cider vinegar or fresh lime juice)
- 2 tablespoons tahini (or substitute with nut or seed butter)
- 2 tablespoons grade B maple syrup
- 2 teaspoons extra-virgin olive oil (optional, adds richness)
- Pinch of freshly grated zest
- 2 pinches cayenne
- Pinch of sea salt and a few pinches freshly ground black pepper
- 2 to 3 tablespoons seeds or nuts (optional)

continued

**Note:** Make a double batch of dressing if you like your greens more heavily dressed.

#### NUTRITION FACTS (per serving—235g)

Calories: 259; Fat: 17g; Carbs: 23g;  
Protein: 5g; Fiber: 8g

Vitamin C: 207%; Iron: 12%; Calcium:  
15%; Vitamin A: 369%

**5** Cover and refrigerate the salad. Allow at least 1 hour for the dressing to really sink into the ingredients. Plus, chilling everything makes it refreshing and tasty as a cold salad side. You can even make this salad the night before you serve it. Overnight chilling works! The greens should be eaten within a day for the best taste and texture.

**Tip:** You can easily change up the veggies and other add-ins as desired!

## RAW KALE AND CHARD SALADS

Raw salads are delicious, craveable, and easy. The idea is to take greens that you might normally think to cook or wilt to prepare—hearty greens like kale and chard—and massage them until they are softened and marinated with flavor.

I will never forget the first time I saw someone “massage” a giant pile of kale. One of my best blogger friends, Gena, of [ChoosingRaw.com](#), and I were filming a how-to video. Gena was demonstrating how to massage kale. I always thought that “massaging” was just a fancy

term for “tossing” the salad with the dressing, but nope. Gena dove hands-first into the kale, dressing, and all the veggies and massaged the heck out of those greens. They were moist and completely flavorful when she was done.

Truth be told, I am not a hands-into-it kale massager. I prefer to use tongs and very vigorously toss the kale and let the dressing and a brief marinating period do the work for me. But choose your own method! The idea is that the oil, salt, spices, and acid from the dressing work to soften and flavor the greens.