

## Lemony Kale Salad



### INGREDIENTS

- 1 bunch fresh kale
- Freshly squeezed juice from ½ lemon
- 2 tbsp extra-virgin olive oil
- 1 navel orange, peeled and white pith removed
- 2 tsp maple syrup
- Sea salt, ground pepper
- ¼ cup pumpkin seeds, toasted

### DIRECTIONS

1. Trim kale, removing stalks. Stack leaves, one on top of the other, and thinly slice crosswise into ribbons. Wash and spin dry. Place in a large bowl.
2. Drizzle with lemon juice, olive oil, and a little salt. Using your fingertips, massage leaves until kale begins to soften and wilt. Salad can be made up to this point and refrigerated for up to 2 days.
3. Cut peeled orange into segments and add to salad. Squeeze juice from orange membrane over salad. Drizzle with maple syrup and toss to coat evenly. Add sea salt and pepper to taste. Sprinkle with pumpkin seeds.

Serves 4-6

*Each serving (based on 4) contains: 171 calories; 5g protein; 11 g total fat (2 sat, 0 trans); 17 g carbohydrates; 4 g fibre; 39 mg sodium)*