

## Simple Kale Salad

1 bunch Kale  
1 Head Lettuce  
Carrots, Beets, or any other vegetables or fruits you like  
Salt

1. Strip green leaves from the stem of the kale. Sprinkle with a little bit of a salt and set aside.
2. Cut up lettuce and any other vegetables and fruits and add to your salad bowl.
3. Knead kale thoroughly with hands until soft and wilted. You can use a rolling pin if available. Add to the salad bowl, add your dressing and enjoy!

