

Kale Salad

1 bag of kale (500 g)
1 medium red onion
Olive oil
Juice of 1 lemon
One cup Kalamata olives (deseeded)
Salt and pepper to taste

Wash the kale and chop it finely and rub in the olive oil. This gets rid of the bitter taste of kale. Finely chop the red onion and the olives and mix in with the kale together with the lemon juice and salt and pepper.

Alternatively, after washing and drying the kale, put it in a food processor together with all the other ingredients and pulse it gently until it is finely chopped. Serve as a salad or a salsa to have with bread or pasta.