



Overnight Kale Salad

Ingredients:

- 3 tbsp apple cider vinegar
- 2 tbsp minced shallot
- 1 tbsp Walden Farm pancake syrup
(honey or agave nectar when on maintenance)
- 1 tbsp extra virgin olive oil
- 1 tsp salt
- 1/8 tsp black pepper
- 2 bunches kale (dinosaur or curly)
- 1 cup julienne cut jicama (optional)

When you are on maintenance you may add ¼ cup Pecorino romano & 2 Tbsp pine nuts

Directions:

Whisk together vinegar, shallot, syrup, olive oil and salt & pepper.

Toss kale in dressing, coat evenly, dressing will seem light, but kale will wilt down to half its volume.

Transfer kale to lidded container & refrigerate overnight.

Plate out four portions, sprinkle with julienned jicama and enjoy.