



SKILL CARD

How to: **MASSAGE KALE**

Step 1:

Remove stem and tear/cut kale into bite sized pieces, per the “How to Prepare Kale” skill card.



Tip:

Use our red wine vinaigrette recipe with the kale!

Step 2:

Place kale in a large bowl with a large splash of olive oil.

Step 3:

Using your hands, massage until kale turns a deep, vibrant green and leaves are fully coated in oil.

