**Kale & Beet Salad**  
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*This recipe makes use of Riverside’s farm-fresh beets.*



**Ingredients**

* 4 medium cooked beets, peeled and diced
* 1/2 medium bunch kale (about 4-5 cups loosely packed torn kale leaves)
* 1/2 cup chopped walnuts
* 2 chopped garlic cloves (3 if you love garlic)
* 3 Tbsp olive oil
* sea salt to taste

**Directions**

1. Tear the kale leaves from the stems and chop the leaves into small pieces (save the stems for juicing!)
2. Place the torn kale leaves into a large bowl and massage the leaves with your hands for about 2 to 3 minutes. This helps to break the fibers and soften the kale. You will notice that the kale will become bright green.
3. Add the walnuts, garlic, and olive oil and toss to combine.
4. Add the beets to the kale, season with salt and mix.

Yield: 4 servvings  
Source:

