

Marinated Kale and Carrot Salad

This is a new twist on kale because it is not cooked. The acid from the lemon and orange juice actually soften and sweeten the kale. You will be so surprised at how much you enjoy this. You can remove the tomatoes to make this work for the anti-inflammatory lifestyle.

- 1 bunch fresh kale
- $\frac{3}{4}$ cup extra virgin olive oil
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{2}$ cup orange juice
- 1 teaspoon of sea salt
- 1 medium tomato, diced (optional)
- $\frac{1}{2}$ cup grated carrots
- $\frac{1}{4}$ cup thinly sliced mushrooms
- $\frac{1}{8}$ teaspoon cayenne pepper
- 1 clove garlic, crushed
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{2}$ teaspoon thyme
- $\frac{1}{2}$ teaspoon rosemary

1. Wash the kale leaves and tear them into bite-sized pieces, removing the tough stems.
2. Add the olive oil, lemon juice, orange juice and salt. Stir well to make sure you tenderize the leaves.
3. Add tomatoes, carrots, mushroom, cayenne pepper, garlic, oregano, thyme, rosemary.
4. Let rest for 30 minutes before serving.