



Ingredients

- ✓ 1 bunch leafy green kale
- ✓ 3 Tbsp. extra virgin olive oil
- ✓ 2 Tbsp. fresh lemon juice (~ ½ lemon)
- ✓ 2 – 3 tsp. brown rice syrup (other sweetener)
- ✓ ½ tsp. salt
- ✓ Freshly ground pepper (to taste)
- ✓ 2 stalks celery
- ✓ ¼ cup chopped red onion
- ✓ ¼ cup slivered oil-packed sun-dried tomatoes
- ✓ 2 cloves garlic, chopped fine
- ✓ 15oz can cannellini beans or chickpeas, rinsed & drained

Notes:

- 6oz mozzarella cheese, diced, can be used in place of the cannellini beans or chickpeas (Not Vegan).
- The celery should be trimmed and sliced thin on the bias.

Preparation

Remove kale leaves from stalks and chop finely. In a small bowl whisk together olive oil, lemon juice, brown rice syrup or other sweetener, salt and pepper. Rub mixture into kale leaves and let sit 15-20 minutes. Add celery, red onion, sun-dried tomatoes, garlic and either beans or cheese, and mix well.