

Raw kale salad

- 1 pound kale
- 2-3 tablespoons olive or more, as needed
- 1 cup shredded carrots
- 1 cup toasted sunflower seeds
- 2 lemons juiced
- 1 clove garlic minced
- 1 tablespoon maple syrup
- 1 tablespoon sriracha

Remove the stems from the greens and tear or cut the leaves into small pieces. In a large bowl pour the olive oil over the leaves and massage with your hands gently for 10 minutes to make the greens soft. Add the carrots, sunflower seeds, lemon juice, minced garlic, maple syrup, and sriracha. Season with salt and pepper. Allow the salad to marinate in the refrigerator for several hours.

Esalada de Col Rizada Cruda

- 1 libra col rizada
- 1-3 tablespoons aceite de olive
- 1 cup zanahoria rallada
- 1 cup pepitas tostadas
- El jugo de 2 limones
- 1 diente de ajo picado
- 1 tablespoon jarabe de arce
- 1 tablespoon salsa picante (sriracha)

Quite los tallos de los verdes y corte las hojas en piezas pequeñas. En un bol grande mezcle el aceite con la col rizada, y masajéala suavemente por 10 minutos. Agregue las zanahorias, pepitas, jugo de limon, ajo picado, jarabe de arce y salsa picante. Agregue sal y pimienta a su gusto. Permita la ensalada adobar en el refrigerador por unas horas antes de comer.