RECIPE

RAW COLLARD GREEN SALAD

Steps

• Whisk together the oil, vinegar, orange juice, mustard, sea salt, and black pepper.
• Massage the dressing into the collard leaves, using strong hands and taking your time. Collards should become soft and well coated with the dressing.
• Toss the collards with cucumbers, onions, and peppers.
• Serve.

Ingredients

• 1 medium bunch collard greens, stems removed, leaves rolled up and sliced into thin strips
• 2 tablespoons olive oil
• 1 tablespoon apple cider vinegar
• 1 teaspoon dijon mustard
• Nice dash of salt
• Black pepper to taste
• Juice of 1/2 orange
• ¼ cup of each: cucumbers, onions, and peppers, sliced very thinly.

Prep Time: 5 minutes
Cook Time: 10 minutes
Serves: Your Preference!