

RECIPE



RAW COLLARD GREEN SALAD



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

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
- 1/4 cup of each: cucumbers, onions, and peppers, sliced very thinly.