



# Kale, Tangerine, Pepita Salad

## The Ingredients

### For the Salad

- 1 small bunch kale, de-stemmed and shredded
- 1 tbsp extra virgin olive oil
- 2 tangerines, peeled and segmented
- ¼ cup pumpkin seeds or pepitas
- Salt and pepper to taste

### For the Vinaigrette

- 2 tbsp extra virgin olive oil
- 2 tbsp tangerine juice
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- Salt and pepper to taste

## Directions

- In a large bowl, add the shredded kale plus 1 tbsp olive oil. Massage with your hands until the kale feels softer, about 3-5 minutes.
- Add the vinaigrette ingredients to a jar. Shake until combined. Set aside.
- Toss the massaged kale with the tangerine vinaigrette and top with tangerine segments and pumpkin seeds and a sprinkle of salt and pepper.
- Pair with a protein (crispy tofu, salmon or chicken for a complete meal).

[REFERENCE: MARISSA MOORE](#)