

Ingredients:

3 Tbsp. Apple cider
vinegar

2 Tbsp. Shallot minced

1 Tbsp. Ideal Protein
Maple Syrup

1 Tbsp. Extra Virgin
Olive Oil

1 tsp. Salt

1/8 tsp. Black Pepper

2 Bunches Kale
(dinosaur or curly)

1 Cup Jicama julienne
cut (optional)

When you are
on maintenance, you
may add 1/4 cup
Pecorino Romano & 2
Tbsp Pine Nuts

Overnight Kale Salad

Directions:

1. Whisk vinegar, shallot, syrup, olive oil and salt & pepper.
2. Toss kale in dressing, coat evenly, dressing will seem light, but kale will wilt down to half its volume.
3. Transfer kale to lidded container.
4. Refrigerate overnight.
5. Plate out four portions, sprinkle with julienned jicama and enjoy.

