

Pasta and Kale Salad

Serves 8

Ingredients

4 cups raw kale, shredded

¼ cup Ranch salad dressing

Squeeze of lemon juice

1 tomato, diced

1/3 cup crumbled feta cheese or other shredded cheese

1 cup dry pasta (shell, elbow macaroni, rotini, orzo), cooked according to package

Directions

Toss kale with salad dressing and lemon juice.

Massage kale well with hands for about 2 minutes. It's OK to squeeze!

Allow kale to sit for an hour in the refrigerator.

Toss other ingredients with kale and serve.

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