

Kale & Cucumber Salad with Lemon Vinaigrette

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Ingredients:

- 4 cups kale (stems removed, chopped)
- 1 cucumber (thinly sliced)
- ½ red onion (thinly sliced)
- Cherry tomatoes (optional)
- ¼ cup roasted almonds or walnuts (for crunch)

Lemon Vinaigrette:

- ¼ cup olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard (optional)
- ½ tsp honey (optional, for sweetness)
- Salt and pepper to taste

Instructions:

1. **Massage Kale:** Drizzle a bit of olive oil on the chopped kale and massage for 1-2 minutes to soften.
2. **Prepare Salad:**
Combine the massaged kale with cucumber, red onion, cherry tomatoes (optional), and roasted nuts.
3. **Make Vinaigrette:**
Whisk together olive oil, lemon juice, Dijon mustard (optional), honey, salt, and pepper.
4. **Toss & Serve:**
Drizzle the vinaigrette over the salad and toss before serving.