
Taste the Tropics Kale Salad (Kale with Mango and Cashews)

By Ellen Kanner

Serves 6 to 8.



Very little fat and effort and a whole lot of fun goes into this massaged kale salad. Every variety of kale works here, from sturdy curly kale to elegant black or dino kale. Seasonal, local mango at its peak adds natural sweetness; cashews (related to mango — who knew?) add some crunch and sass. Serves 6 to 8.

INGREDIENTS

- 1 bunch kale, washed, woody central stems removed and leaves torn small or chopped well (about 6 cups of greens)
- Pinch or two sea salt
- 2 teaspoons coconut oil, avocado oil or olive oil
- Juice of 1 fresh lime (about 4 teaspoons)
- 1/2 teaspoon curry powder (optional but recommended)
- 2 fresh Florida mangoes, peeled and diced
- 1/2 cup roasted cashews, coarsely chopped
- 1 tablespoon dried coconut flakes (optional)

INSTRUCTIONS

Fill a large salad bowl with the chopped kale leaves. Sprinkle on a little sea salt and massage it into the leaves with your hands. After a few minutes, the kale will brighten in color and start to surrender and soften at your touch, reducing in volume by about a fourth. Work in the coconut, avocado or olive oil, lime juice and optional curry powder. Add the diced mango, chopped cashews and optional coconut flakes and toss to combine. Enjoy, or cover and keep refrigerated for later.