Pineapple, Grape, and Kale Salad

Servings: 2

Ingredients:

- Kale leaf (2 bunches, standard size available in the market),
- Pineapple (chopped 1 cup),
- Grapes (halved 1 cup),
- Olive oil or Vegetable Oil (2 teaspoons),
- Honey or sugar (1 teaspoon),
- Salt (½ teaspoon),
- Vinegar or lime juice (1 teaspoon)
- Or choose your favorite salad dressing

Direction

1. Wash the kale
2. Cut kale in thin slices and then chop. Rub (massage) the kale with your hands to soften it.
3. Take a small glass jar; pour oil, vinegar, honey or sugar and salt in it.
4. Shake jar until it becomes an even mixture.
5. Mix the kale, pineapple and grapes in a bowl.
6. Pour mixture (or preferred salad dressing) all over the kale, pineapple and grapes.
7. Mix all the ingredients until fully coated.
8. This can be prepared the day before. The dressing with soften the kale and make it more digestible.