

# LA CIENEGA FARMERS' MARKET



1801 La Cienega Blvd & 18<sup>th</sup> Street, at La Cienega Plaza  
Where you'll find the freshest ingredients for your delicious recipes!  
Every Thursday from 3:00 to 7:00PM (7:30 daylight savings time)

**We should, really, call this the *Simplest Kale Salad*. With 3 main ingredients and a really quick prep time it's perfect as a super healthy side dish. Add a protein like shrimp, chicken or tofu and you've got yourself a super simple, super healthy main dish!**

## Simple Kale Salad

**3 cups Kale, packed for measuring**  
**2 tablespoons Olive or Grape seed oil**  
**1 tablespoon Apple Cider Vinegar**  
**1/8 teaspoon Kosher Salt**  
**1/8 teaspoon Fresh Ground Pepper**  
**Additional pepper to taste.**

- Clean the kale and pat dry with a towel.
- Pull the greens away from the stem and tear into bite-size pieces.
- To get a good 3 cups, place the kale pieces into a measuring cup and press down firmly to measure.
- In a bowl, combine the olive oil, vinegar, salt and pepper.
- Place the ripped kale in the bowl and toss well until all of the kale is coated in the dressing.
- Place the simple kale salad in a serving bowl or directly on your plate, season additionally with pepper if desired.

We Accept EBT & WIC Coupons

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