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## Massaged Kale and Mango Salad with Grilled Chicken

### INGREDIENTS

1 bunch of kale (black, also called Lacinato, works great): remove stalks, and chop leaves thin  
1 lemon, juiced  
¼ cup olive oil, with extra for drizzling  
Himalayan pink salt  
2 teaspoons maple syrup  
Fresh ground black pepper  
1 cup mango diced  
2 heaping tablespoons roasted pumpkin seeds (pepitas)  
2 grilled chicken breasts  
1/2 avocado diced

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### PREPARATION

- 1** In a large bowl, add kale, half of lemon juice, a drizzle of oil and a little salt. Massage with hands (or add these ingredients to Ziploc bag and massage in a bag) until the kale starts to soften up. This takes about 2 to 3 minutes. Set aside while you make the dressing.
- 2** In a small bowl, whisk remaining lemon juice with maple syrup and a generous amount of freshly ground black pepper (to your taste). Stream in the 1/4 cup of oil while whisking until dressing is well mixed. Add the dressing to the kale, and toss thoroughly.
- 3** Add the mango, pumpkins seeds, chicken breast, and avocado.
- 4** Toss again, serve, and ENJOY!

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