

# RECIPE OF THE WEEK

## Overnight Kale Salad

### Ingredients

- 2 bunches of kale (curly or dinosaur)
- 1 cup Jicama (julienne cut)
- 3 tbsp Apple Cider Vinegar
- 2 tbsp shallot – minced
- 1 tbsp Ideal Protein Maple Syrup
- 1 tbsp extra virgin olive oil
- 1/8 tsp black pepper
- For maintenance: 1/4 cup of Pecorino Romano
- For maintenance: 2 tbsp Pine Nuts



### Preparation

1. Whisk vinegar, Shallot, Olive oil, Maple Syrup, salt, pepper in a bowl
2. Add kale to the dressing mix
3. Coast kale evenly, the kale should wilt down to its half volume
4. Put the salad in a lidded container
5. Leave in the refrigerator overnight
6. Serve in four portion
7. Sprinkle the Jicama julienne on top
8. Enjoy!

