

## **Kale and Corn Salad**

### **Ingredients:**

3 big bunches of kale leaves  
2 red sweet onions  
2 bags of frozen corn kernels  
3 tbsp of olive oil  
3 tbsp of balsamic vinegar

### **Instructions:**

At the garden, cut your lower, larger, older leaves of kale with scissors from the base of the stem. Using scissors, separate the stem and central vein from the rest of the leaf. The stem goes to the compost bin. Wash and chop the leaves as small as possible.

Add the olive oil and the vinegar and massage the leaves with it. They will change consistency and look as if they had been cooked.

Mix in the corn and chopped onions.

And Voilà, Enjoy!