

[To Go Kale Salad \(Paleo, Possibly Vegan\)](#)

Adapted from [Meghan Telphner](#)

What I love about this salad is that you can make it in advance and it will last for days. It also makes for a satisfying pack and go lunch. I recently took this salad to a Toronto Blue Jays game where the selection of nutritious food is not that great. Notice as well my portable bamboo spork (bought at [Grass Roots](#) on the Danforth). It is the perfect size for my purse.

Sansational!



Makes 4 to 6 servings

Ingredients:

- 1 head kale, stems removed
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- A sprinkle of sea salt
- ¼ cup pumpkin seeds
- ¼ cup dried cranberries
- 2 tbsp hemp seeds
- A few dollops of goat cheese

Directions:

1. Slice kale into thin strips and transfer to a mixing bowl.
2. Add lemon juice, olive oil and sea salt and massage for about three minutes until leaves get dark and limp.
3. Add all ingredients to the bowl and toss with homemade dressing of choice.

Sansational Tip:

Swap pumpkin seeds with walnuts or the goat cheese for chicken or protein of choice. Add other toppings for choice such as sun-dried tomatoes, grated carrots, sliced red onion, chopped cucumbers, or grated beets. The options are endless!