

MARINATED GREENS

5 cups kale or dark leafy greens of your choice

1/3 cup carrots, finely chopped (or to taste)

1/3 cup zucchini, finely chopped (or to taste)

1/3 cup red peppers, finely chopped (or to taste)

1 to 2 TBSP garlic chopped

½ cup lemon juice

½ cup wheat free soy sauce

½ cup oil (sesame, olive, flax- choose the one you like the best)

Choose the greens you like the best. You may use one type alone or you may mix the greens. Some good choices include kale, collards, dandelion, and mustard.

Chop greens and other vegetables into small pieces so they will digest easier. You can do this by hand or in the food processor.

Place all ingredients into a bowl and toss well, until the liquid completely coats the greens. Refrigerate and marinate 2 to 24 hours before serving. The longer it marinates, the richer the flavor becomes. For more marinade, double the amounts of sesame oil, soy sauce, and lemon juice.