

Tasty Kale Salad



Prep: 15 minutes

Cook: 0 mins

Yields: 4 servings

INGREDIENTS

1 bunch of any type of kale (Curly Green, Italian, Siberian, Red Winter etc.)

Vegetable Oil (olive oil, grapeseed oil, vegetable oil etc.)

1 cucumber

1/2 cup chopped tomatoes

1 sliced carrot

Salt

Pepper

OPTIONAL

Lemon pepper

Yogurt

Herbs such as basil or mint

Ginger

Vinegar or lemon juice

Fresh fruit (strawberries, blackberries, apple)

Canned or dried fruit (mandarin oranges, raisins)

Garbanzo beans



Photo by Deryn Macey

INSTRUCTIONS

1. First, wash the kale leaves and pat dry with a towel. Rip the leaves off of the stem, placing the bite size pieces into a medium sized bowl. Put stems aside.
2. Pour 4 tbsp of oil onto the leaves and begin massaging. Yes, massaging! Working the greens with your hands takes the edge off, and renders them tender enough to eat without cooking. Rub the kale leaves together between your fingers, until they just start to wilt.
3. Prep your vegetables and/or fruits. Chop the cucumber, tomato, and carrot into bite sized pieces and add to the salad bowl. If using fruit like strawberries, chop 1/3 cup of fruit and add on top of vegetables.
4. Make your dressing. In a smaller bowl, add 4 tbsp olive oil, 1/2 tsp salt, 1 tbsp lemon pepper or 1/2 tsp pepper, 1/4 tsp vinegar or lemon juice. Optional add ins include grated or powdered ginger, chopped herbs, green onion, or yogurt. Whisk all dressing ingredients together until combined.
5. Add to salad, toss, and enjoy!

CHEF'S NOTES

To make a "hot" salad, you can roast or saute your favorite greens and/or protein like chickpeas, summer squash, or peppers and add to the massaged kale. Additionally, if you have a blender, blend the kale stems with the spices, an additional 4 tbsp oil, 1 tbsp yogurt, herbs, and vinegar to create an easy kale stem dressing.