

Kale Recipes

Kale salad with Parmesan Cheese, Almonds & Honey Dijon Vinaigrette Demonstrated by the Quail Ridge Chef, Jan. 3, 2014

4 servings

1 bunch Fresh kale, washed, stalks removed, leaves diced
¼ cup Toasted almonds, sliced
¼ cup Parmesan cheese, grated

1 clove Garlic, finely chopped
1 tbs Shallots, finely chopped
3 tbs Lemon Juice, fresh squeezed
2 tbs Dijon Mustard
1 tbs Honey
¼ cup Olive oil
½ tsp Salt
Pinch Pepper

To make the dressing:

In a bowl add garlic, shallots, lemon juice, Dijon & honey. Whisk in the olive oil and then season with salt and pepper. Another method is placing all of the ingredients into a small mason jar and shake vigorously until completely emulsified. Then you can keep it refrigerated in the same jar.

For the salad:

In a bowl add the kale and gently squeeze and massage the kale to tenderize the leaves. Season the salad lightly with salt and pepper. Add the dressing, one tablespoon at a time until all the leaves are coated evenly. (You will not need all the dressing in the recipe) Then add half of the parmesan, save the other half for the top of the salad. Finish by topping with toasted almonds.

Kale-Apple Date Salad

Shelby Eidson, Dec. 24, 2013

4+ Cups kale with stems removed, finely hopped
1 large honeycrisp apple, diced with peel on
1/3 C pine nuts or pepitas (pumpkin kernels), toasted
5 - 6 dates, finely chopped
Juice of 1 lemon
3 tbs olive oil (just drizzle on top)
1/3 C Romano cheese, chopped
Salt to taste

Mix with hands. refrigerate 1 - 2 hours before serving