



Lemony Kale Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

1 bunch (8oz) Tuscan kale
1/8 teaspoon fine table salt
1 cosmic crisp apple, cut into matchsticks (optional)
1/4 cup sliced almonds, toasted
1/2 cup freshly grated Pecorino Romano cheese
1/4 - 1/2 cup [Home Made Lemon Vinaigrette](#)
Cracked fresh pepper to taste

Preparation

Make the [Home-Made Lemon Vinaigrette](#), or see Chef Note below for an alternative dressing.

Toast the almonds, grate the Pecorino Romano cheese, and cut the apples into matchsticks (if using)

Fold the kale leaf in half so that the rib of the leaf is exposed, cut off the ribs of the leaves. Stack a few leaves at a time, and roll them up from one short end to another. Using a sharp knife, slice as thinly as possible across the roll. Do a quick chop of the rounds to cut into half.

Transfer the chopped kale into a large bowl and sprinkle with the salt. Massage the leaves with your hands lightly, scrunching the leaves with every handful until the leaves darken in color and get fragrant.

Drizzle with the Home-Made Lemon Vinaigrette, toss. Add fresh cracked pepper and the apple (if using) and combine well. Top with the grated cheese and toasted almonds.

Ideally, let the salad rest for 10-15 minutes before serving. You can also cover and refrigerate the salad for up to 2 days.

Serves 4

Active time 15 minutes Total Time: 15 minutes

Chef Notes

* If you prefer to make a different lemon dressing for this salad, combine the following in a bowl, whisk well until emulsified, and use over the kale:

- 2 tablespoons O&V [Lemon EVOO](#) or [Unflavored EVOO](#)
- 1 tablespoon O&V [Marc de Champagne vinegar](#) or lemon juice
- 1 teaspoon Dijon mustard
- 2 cloves garlic, minced or pressed
- 1/8 teaspoon red chili flakes
- Salt and pepper to taste

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Soups and Salads, Kale Salad, Apples, Pecorino Romano Cheese, Homemade Lemon Vinaigrette, Lemon EVOO, Marc de Champagne Vinegar, Plant Based, Vegetarian, Vegan, Mediterranean Diet