

Kale Salad with Lemon Dijon Dressing

About 4 to 6 Servings

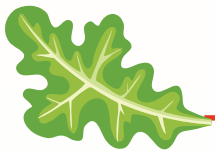
Ingredients:

Dressing:

1/3 cup extra virgin olive oil
Juice from 1 Lemon
2 Tbsp Dijon mustard
Cayenne pepper
Salt and freshly ground black pepper

Salad:

1 bunch kale, stems removed, cut into small pieces
1/3 cup dried cranberries
1/4 cup sunflower seeds
Parmigiano-Reggiano cheese



Instructions:

To Prepare Dressing:

In a small bowl combine all of the dressing ingredients. Whisk until ingredients are well blended. Season with salt and freshly ground pepper to taste.

To Prepare Salad:

In a large bowl, thoroughly toss kale leaves with dressing. Add cranberries, sunflower seeds and Parmigiano-Reggiano cheese and toss. Serve fresh or chilled.

Preparation Tips:

- Lacinato kale, also known as Tuscan kale or Dino kale makes a great salad. The leaves are softer and not quite as tough as curly kale.
- Unlike other leafy greens, kale lasts a long time. You can trim the leaves from the stem, cut into small pieces and then store in a Ziploc bag in the fridge. Just be sure to dry leaves thoroughly with a paper towel or clean dish cloth before tossing with dressing.

