

MASSAGED KALE SALAD

Chef Michelle: Tuesday 4-6 Class #1

SKILLS LEARNED

Knife skills
Making measurements

EQUIPMENT

Cutting board
Knife
Peeler
Juicer
Salad Bowl
Tongs
Mason Jar
Measuring spoon

INGREDIENTS

1 bunch kale
1 lemon
1 pint strawberries
1 avocado
1/4 cup pumpkin seeds
Parmesan cheese

Dressing

2 tablespoons balsamic vinegar
6 tablespoons olive oil
1 tablespoon honey
1 teaspoon dijon mustard
Pinch salt & pinch pepper

INSTRUCTIONS

1. Strip the leaves off the stems of each piece of kale. Tear the leaves into small, bite sized pieces and put in a big salad bowl.
2. Juice 1 lemon and pour the juice into the bowl with the kale. Use your hands to massage the kale until it is broken down and a dark green color (4-5 minutes).
3. First cut the top off the strawberry to create a flat surface. Use your knife to carefully slice the strawberries and add to the bowl with the kale.
4. Slice the avocado in half, remove the pit, and carefully dice the avocado flesh. Use a spoon to scoop out the flesh and add to the bowl.
5. Measure out 1/4 cup pumpkin seeds and add to the salad bowl.
6. Use a peeler to peel strips of parmesan cheese into the salad. If using already shredded parmesan cheese, measure out 1/4 cup and add to the bowl.
7. To make the dressing – measure out the balsamic vinegar, olive oil, honey and mustard into a mason jar. Add a pinch of salt and pepper and shake, shake, shake!
8. Add dressing to the bowl of kale and toss gently until everything is evenly coated. Enjoy!

