

MASSAGED KALE SALAD

Instructor Terra: Tuesday 3-6 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 (blueberries also work well)
1/4 cup seeds or nuts (pepitas, pine nuts, walnuts, almonds – whatever you like)
Parmesan cheese

Dressing

2 Tablespoons white balsamic vinegar
6 Tablespoons olive oil
1 teaspoon Dijon mustard
1 glove garlic, minced or pressed
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 (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. Measure out 1/4 cup pumpkin seeds and add to the salad bowl.
5. 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.
6. To make the dressing – measure out the vinegar, olive oil, and mustard into a mason jar. Add garlic. Add a drizzle of honey, a pinch of salt and pepper and shake, shake, shake!
7. Add dressing to the bowl of kale and toss gently until everything is evenly coated. Enjoy!

