

Kale Salad à la Tory Row

Ingredients:

Salad

- Kale (curly kale and/or red kale are good options)
- Red onions, diced (about one red onion per head of kale)
- Pecorino Romano cheese (shaved or grated)
- Finely chopped almonds or whatever nut you prefer

Dressing

- Extra virgin olive oil
- Lemon juice and zest (use 1 part lemon juice to 3 parts olive oil)
- Tahini (sesame butter) or milk

Directions:

1. Wash and cut the kale into small pieces, I usually use a chiffonade type of cut.
2. For extra crisp, bake half of the kale in the oven for a few minutes, make sure it doesn't burn though.
3. Place all of the chopped kale into a large bowl.
4. Dice onion into small pieces then let it sit in white vinegar for a little (the vinegar takes away the pungent bite, but leaves the onion tasting brilliantly).
5. After soaking for a few minutes, drain the onion and dispose or reuse the vinegar.
6. Shave/grate the cheese over the chopped kale in the bowl
7. Whisk the dressing ingredients and add the dressing to the kale, onion, and cheese mixture.
8. Toss so that the dressing is pretty evenly distributed.

Shared by: Jaime DeSousa

Registered Dietician Notes:

Calories: 25
Protein: 1 g
Carbohydrates: 2 g
Fat: 0 g