



Kale Salad

Adapted from the Complete Tassajara Cookbook

Ingredients:

12-15 leaves dinosaur kale, washed and cut into ¼ inch strips
½ tsp salt
4 T fresh lemon juice
2-4 T honey (to taste)
1 T fresh grated ginger
Black pepper to taste
1 apple (grated or diced)
6 radishes (sliced, diced or grated)
1 avocado, cubed
½ cup roasted sunflower seeds

Method:

In a large bowl, begin by massaging the salt into the cut kale until it gets darker and starts to wither down a bit. Add the lemon and honey, continuing to massage until kale has become smaller. Add remaining ingredients and toss well. This salad will keep for a few days in the refrigerator.