

Raw Kale Salad

Once I discovered this way to eat Kale, it has become one of our families all time favorites! It is delicious, nutritious and just gets better with age. I like to make this in the morning, and leave it at room temperature, if I know I want to serve it for lunch or dinner. That way the kale has a chance to break down and “ferment”. You can make it any flavor or add any seasonings that sound good to you. Enjoy!

Ingredients and Procedure

- 1 bunch of Kale – any variety works, I prefer Dinosaur Kale
- ¼ tsp Himalayan Pink Salt – add a little at a time, so its not too salty.
- Juice of 1-2 lemons
- ¼ cup dried Arame Seaweed

Wash and dry the kale. Remove the stems by holding the stem with one hand, and the pulling the greens away from the bottom, with the other hand. Chop kale thinly, or pull kale apart with your hands. Add seaweed, salt and lemon juice to kale and begin to massage the kale with your clean hands. The salt and lemon juice will begin to break down the kale, and it will shrink and darken. Taste it and add more salt or lemon juice if needed.

- 1-2 cloves garlic – pressed or finely chopped
- Small amounts of any green herbs from the garden – tarragon, chives, onion, oregano, parsley, cilantro, rosemary, etc.
- 2-4 tbsp olive oil.
- 1 tbsp Toasted Sesame Oil
- Pinch of Red pepper flakes

The above ingredients are optional, although I always add the olive oil, and I like to add this group closer to serving time, so that the qualities of the herbs and spices remain fresh.

Great as a side salad, and especially great in the middle of winter when salad greens are harder to find but Kale is robust and plentiful in the garden.