

Toasted Almond Kale Salad

Recipe courtesy Nancy Fuller

Recipe modified from original source: <http://www.foodnetwork.com/recipes/nancy-fuller/kale-and-brussels-sprout-salad.html#>

4 c Tuscan kale, center stems discarded
1 small garlic clove
1 small shallot
1 c finely grated pecorino
1/2 c extra-virgin olive oil
1/2 c toasted sliced almonds
2 T Dijon mustard
3 lemons, zested and juiced
Salt and freshly ground black pepper

Directions

In a food processor fitted with a slicing blade, shred the kale. Add the garlic and shallot and shred. (Alternatively, shred and mince the vegetables with a knife.) Set aside.

In a large bowl, whisk together the pecorino, olive oil, toasted almonds, mustard, lemon zest and juice and salt and pepper to taste. Add in the shredded kale and toss well to combine. Let the salad sit for 10 minutes before serving to allow the dressing to permeate the greens.

Class recipes can be found at www.evergreenhealth.com/recipes