



## Lemony Kale Salad with Apple and Nuts

Note: When grating the lemon, use only the outer (yellow) portion of the peel. Avoid the white pith, which is bitter.

Makes 4 to 6 servings

- 1 pound young laciniato kale (also called dinosaur, Cavolo Nero, Tuscan, or black kale)
- 1/4 cup extra-virgin olive oil
- 1 1/2 teaspoons grated/zested lemon peel
- 2 tablespoons lemon juice
- 1 teaspoon sugar
- 1/2 teaspoon kosher salt, or to taste
- 1 small apple, cored and cut in 1/2-inch cubes
- 1/3 cup dried cranberries or raisins
- 1/3 cup crumbled feta cheese
- 1/3 cup toasted pine nuts or slivered almonds

*Thrifty's green kale is perfect.. sometimes they have red and green Kale which is fun to mix..*

1. Wash the kale, drain well, and pat off excess water with paper towels. Tear the thick center ribs from leaves and discard. Stack a few leaves, roll lengthwise into a cigar shape and cut crosswise into 1/4-inch wide strips. Repeat to make about 16 cups total.
2. In a large bowl, stir together the oil, lemon peel, lemon juice, sugar and salt to taste. Add the kale and with your hands, mix and massage the kale with the dressing until the leaves are completely glossy. You can cover and chill the salad up to 1 hour before continuing.
3. Add the apple, cranberries, cheese and nuts and toss lightly together.

Submitted by Trish Marrion

### Extra notes!!

Once shunned, kale is the new superstar of greens, noted for its high concentration of antioxidant vitamins A, C and K. Often used for soups and long-cooked preparations, people are discovering creative ways to use this healthy green.

This cool-weather vegetable makes a great winter salad. Kale has a slight bitterness and a thicker, heartier texture than lettuce. But when the leaves are briefly massaged with a vinaigrette, they turn supple and tender.

In this salad, a lemony dressing tenderizes the leaves. Sweet dried cranberries, crisp apples, toasted nuts and crumbles of salty feta cheese lace the glossy greens with a lively contrast of textures and flavors. The tart dressing and the addition of sweet fruit mellows the green's bitterness. Unlike fragile lettuce salads, this hearty kale salad stands up to time and abuse. You can mix the greens with the dressing up to 1 hour ahead. Even leftover salad holds up well, although nuts will get soggy as they stand.

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See more at:

<http://about.specialfork.com/blog/2013/2/14/superstarkalesalad.html#sthash.N9RfkW4l.dpuf>

## Info on massaging =Kale

Kale has seen a surge in popularity recently -- but now that the warm weather is making its presence known, this fibrous green may be forgotten about in the face of more tender baby arugula and mesclun. Kale is a strong, bitter green that can brave its way through winter. It holds up well to being sauteed, baked and as a green in hearty stews. But its culinary properties don't end there. Kale works wonderfully in lighter recipes too -- it just needs to be treated properly. And that special treatment comes in the form of a massage.

While it might seem a bit odd to massage your food, you'd be amazed at what a quick five-minute rubdown can do to transform this green from being bitter and tough to turning silky and sweet. After a little massage, kale becomes a great option for light green salads -- the type you'll want to be eating all summer long.

Massaging kale is easy to do. Take bunches of kale in both hands -- with the fibrous ribs removed -- rub them together and repeat. You'll notice a visible change as you do this; the leaves will darken, shrink in size and become silky in texture. The LA Times explains why this happens -- kale's tough [cellulose structure breaks down](#) -- wilts, actually.

If you want to know when your massaging hands have done their trick, take a bite. If it's still bitter, it could use a little more. Another tenderizing option is to add [olive oil and salt while massaging](#) -- you'll have taken care of preparing and dressing the salad all at once. If rubbing your greens is not something you can get into, kale also calms its winery ways if tossed in olive oil and left to sit overnight. With these techniques, you just might find yourself eating this leafy green all summer long.