

# TUSCAN KALE SALAD

## INGREDIENTS

2 bunches Tuscan kale (also known as black or Lacinato or Dino kale)

½ cup extra virgin olive oil

¼ cup lemon juice (about 2 lemons)

½ teaspoon salt

1 garlic clove

¼ cup plain bread crumbs

¼ to ½ cup finely grated Parmesan cheese

## METHOD

Gently rip out the kale stems with your fingers and throw away. Stack up the kale leaves or roll them together and slice into ¼ inch wide ribbons. Place kale in a large bowl.

Measure olive oil, lemon juice and salt into a jar or other container with a tight fitting lid. Use a microplane of the smallest side of a cheese grater to mash the garlic to a pulp. Add garlic to the olive oil and lemon juice and shake vigorously until emulsified.

Depending on how big or small your bunches of kale were, you may need all of this dressing or just part of it. Pour some dressing over kale and toss well to thoroughly combine. (The dressing will be thick and need lots of tossing to coat leaves. You may even want to use your hands to massage it into the kale leaves. Slowly add more until it is just right.)

If you have time, let salad sit for at least 5 minutes so that the lemon juice can tenderize the kale leaves. Sprinkle with the bread crumbs and cheese and toss to mix.

This salad stores well in the fridge, so make extra and take it for lunch tomorrow!