Kale Salad with Cranberries & Almond Slices

NIBBLEDISH CONTRIBUTOR

Ingredients

- 4-5 leaves of Curly Kale
- Sea Salt
- Olive Oil (Extra Virgin)
- 1-2 Lemons
- Dried Cranberries
- Sliced Almonds or Pine Nuts
- Tomatoes (if desired)

Instructions

This was one of my first raw dishes. It's very easy to prepare and can be eaten immediately, or prepared in advance for lunch or dinner.

- First grab a nice bowl. I tend to prepare in the serving bowl, so I also make sure its nice looking for the table. With the bowl by your cutting board, its time to prepare the Kale.
- For safety, because not all stores clean their green vegetables well, rinse Kale with cool water; then pat or shake off excess.

- On cutting board, I cut off excess stem, in a 'V' motion going up into the green, but not too far. About an inch or so where the stem is surrounded by greens, but still thick.

- Once the excess stem is removed, it is time to cut the leaves. Flat cuts across work, but I like the greens more bite size, so I continue with an angled motion, cutting off from both sides. Place cut Kale leaves into the bowl.

- Pour about 1/8th cup Olive Oil on the greens. You can eye, this. You just want enough oil to coat the leaves. After adding oil, take one of the fresh lemons, slice and juice it over the greens as well. Remember to catch the seeds.

- The lemon adds a nice tart flavor. If you let the recipe sit for an hour or more, will also mellow the greens, making them softer and easier to digest.

- Sprinkle a little sea salt over them, a pinch or two should do, but season to taste. Then mix.

- I use my hands to gentle mix olive oil, lemon juice, salt, and greens together. Making sure each green is covered.

- Now to add the extras. Dried cranberries will add a nice sweet flavor to the mix, or if you prefer tart just stick to tomatoes (cherry or grape tomatoes work well as well).

- Pine nuts can be added directly into the mix, and stirred again. But when using almond slices, I add after I've plated the dish.

- If desired, the second lemon can be cut into wedges, so those who like more tart can add more lemon juice individually.

Totally prep time, is under 10 minutes. I tend to make while preparing my morning tea, then let set for lunch or a late morning snack. This dish keeps for up to four or five days, but taste best in the first two.