



Dino Kale Salad with Lemon Shallot Vinaigrette

Makes 4 servings ~ \$6.96 (\$1.74 per serving)

This extraordinary salad is made with that dark, dark green long leafed type of kale called variously: lacinato, Tuscan, dino, nero, or black kale. One can use other sorts of kale for this salad, but I don't think the results are nearly as delicious.

This is one of Café Pasqual's most popular salads. I love to serve this salad during the Holiday season as it features bright red shiny pomegranate seeds that sparkle against the dark green kale leaves. In summer substitute halved cherry tomatoes for the pomegranate.

Ingredients

- 4 cups Dino Kale – about 5 ounces or 12 leaves julienne, (cut in thin strips)
- 3 Tablespoons pomegranate seeds
- 1 Tablespoon toasted pine nuts
- 3/4 cups grated ricotta salata

Vinaigrette

- 1 1/2 Tablespoons freshly squeezed lemon juice
- 4 1/2 Tablespoons organic extra-virgin olive oil
- 1 Tbsp. finely chopped shallot

Directions

1. Cut the kale in thin strips by laying 4 or 5 leaves atop each other and roll into a tight roll. Then with a sharp knife cut thin strips from tip to bottom into chiffonade.
2. In a dry skillet lightly toast the pine nuts and set aside to cool. Cut open the pomegranate and seed it until 3 tablespoons are freed.
3. Place the finely chopped shallots in a bowl, add the lemon juice and then with a wire whisk, blend in the olive oil until well incorporated. You can also shake ingredients in a jar to blend.
4. Toss all the dry ingredients together and then toss with the vinaigrette.

Recipe courtesy of Katharine Kagel, Café Pasqual's

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