



Kale Salad

with Zesty Lemon Drop Vinaigrette & Savory Sage Croutons

Makes 4 servings ~ \$7.93 (\$1.98 per serving)

Ingredients

- 2 bunches organic kale, thick part of stems removed and chopped very thin
- 1 medium red onion, sliced very very thin
- 2 local apples, sliced very very thin (or four if they are super small)
- 3 to 4 oz. ricotta salata, shaved casually into thinnish shards
- 1 cup savory sage croutons (see recipe below)
- About 1/2 cup lemon drop vinaigrette plus a teeny bit more (see recipe)

Directions

1. Combine the chopped kale and thin-sliced red onion in a large mixing bowl with a teeny bit of dressing and toss well. Do this first to let the kale soften and the red onions slightly pickle.
2. Then add the apples and ricotta and drizzle the dressing in a circle around your ingredients, and gently toss. I always reserve some of the ingredients for garnishing. Test for dressing and add more according to your preference – the kale will actually absorb some of the dressing and get more delicious for the first few minutes after tossing. Finish with the croutons and garnish with whatever ingredients you have left.

Savory Sage Croutons

Ingredients

- 3 or 4 pieces stale leftover bread, cut into rustic cubes
- 2 Tbsp. reserved fat from a roast chicken (don't panic, this is easy)
- 2 Tbsp. Extra Virgin Olive Oil (if the reserved fat makes you nervous use 4 Tbsp. in its place)
- 2 to 3 tsp. dried sage
- Little bit of kosher salt to taste

Directions

1. After you roasted your chicken the night before or whenever, you poured off all the liquid in the bottom of the pan into a clear vessel and put it in the fridge because this is flavor manna you would never want to waste! Now you have a stratified congealed science experiment in your fridge composed of two layers. The top layer is fat (and the bottom is the drippings we will use for the lemon drop vinaigrette). Scrape this off and into a sauté pan or cast iron skillet.
2. Add the olive oil and heat until it is spitting hot. Very hot. Add the bread cubes and let them brown and toast, moving them around so they don't burn. But a little bit of burn is OK—its flavorful. When they are crispy and toasty, pull them off onto a paper towel lined plate and immediately toss with a little bit of salt and the dried sage. So yummy!

Recipes courtesy of Erin Wade / Vinaigrette

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