

Recipe

Massaged Kale Salad with Strawberry Vinaigrette & Toasted Hazelnuts

Ingredients

2 bunches of dinosaur kale (also called Tuscan or Lacinato kale)

1 pint of sliced strawberries—with the leafy tops cut off.

1/4 cup of Italian balsamic vinegar

1/4 cup of extra virgin olive oil

1 teaspoon of Dijon mustard

1 teaspoon salt

1 teaspoon black pepper

8 fresh mint leaves

2/3 cup of hazelnuts

½ cup of chopped or crumbled feta

Directions

- Wash and dry the kale leaves. Tear the leaves off of the tough main stem. You'll eat the leaves and can discard the stems (or keep them for a slow-cooked soup or braise).
- Tear the leaves into 2-inch pieces.
- In a blender, combine the following ingredients to make your strawberry vinaigrette: 1 cup of strawberries, balsamic vinegar, olive oil, Dijon mustard, salt, pepper, mint. Blend on high until a creamy dressing forms.
- Pour the dressing over the torn kale leaves and massage with your hands for 2 minutes. The acid in the vinaigrette helps to break down the fiber in kale—making for an easier to chew salad and more pleasant texture.



- Allow the massaged leaves to sit in the dressing for another 15-20 minutes. This will encourage further softening of the kale.
- Meanwhile, heat a dry non-stick skillet on medium for 90 seconds. Pour the hazelnuts into the heated pan, tossing them gently for 2-3 minutes. The hazelnuts will toast and turn golden-brown on the outside. Turn off the heat, once browned. Let the hazelnuts cool.
- Slice the remaining 1 cup of strawberries into thin slivers and set them aside.
- After those 15-20 minutes have passed, toss the dressed kale leaves with the toasted hazelnuts and crumbled feta. Crown the salad with the berry slices before serving.

Chef Chris Atwood's Notes:

Kale is queen of greens these days. But, to a lot of folks, kale leaves a bit to be desired—texture-wise. After all, it can be fibrous and tough. Kale doesn't have to taste like chewing llama food, I promise.

The secret to unlocking the softer side of kale is to massage the leaves for a couple minutes with an acidic dressing—like a vinaigrette. Acid in the vinegar and/or fruit juice soften up the leaves, while massaging breaks apart the fibrous bits.

The berry balsamic dressing adds tartness and sweetness all at once—complimented by toasty hazelnuts and salty-savory feta. The perfect salad for a Fourth of July barbecue or patio dinner.

