

Recipes from the Garden

Mediterranean Kale Salad

4 kales leaves, stems removed
1 1/2 teaspoons extra-virgin olive oil
1 1/2 teaspoons fresh lemon juice
1/8 teaspoon salt
1/ red bell pepper
1 tablespoon raw pine nuts
1 tablespoon sliced black olives
Dash black pepper

Stack 2 of the kale leaves with the stem end facing you. Fold in half lengthwise and roll tightly like a cigar. Slice crosswise into thin strips. Repeat with the remaining 2 leaves. Chop the kale strips crosswise a few times, so they aren't too long. Place in a mixing bowl along with the live oil, lemon juice, an slat. Toss well with your hands, massaging the dressing into the greens. Add the red bell pepper, pine nuts, and olives and toss gently. Season to taste with black pepper. Store in a sealed container in the refrigerator. It will keep for three days.