

KALE SALAD WITH ROOT VEGETABLES AND APPLES

Prepared by: Dave Eckert, July 2017

Source: foodandwine.com

2 pounds curly kale, stemmed and leaves thinly sliced
2 tablespoons apple cider vinegar
¼ cup plus 2 tablespoons extra-virgin olive oil
Kosher salt
1 teaspoon finely grated lemon zest
¼ cup fresh lemon juice
1 tablespoon soy sauce
1 tablespoon agave syrup
Pepper
1 medium carrot, julienned
1 Granny Smith apple, peeled and julienned
1 cup peeled and julienned rutabaga
2 scallions, thinly sliced

In a large bowl, massage the kale with the vinegar, 2 tablespoons of the olive oil and 1 teaspoon of salt. Let stand at room temperature for 30 minutes.

Meanwhile, in a medium bowl, whisk the lemon zest and juice, soy sauce, syrup and remaining ¼ cup of olive oil. Season with salt and pepper.

Toss the carrot, apple, rutabaga and scallions with the kale. Add the dressing and toss again. Season with salt and pepper and serve. The salad can be refrigerated overnight.

Dave's Notes: I would not make this again.

