

# Mediterranean Kale Salad

## Ingredients:

- 2 small bunches dinosaur kale, stems removed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1/2 teaspoon sea salt
- 1/4 cup pine nuts
- 1/4 cup golden raisins, soaked 10 minutes, drained, and rinsed
- 1/4 teaspoon fresh ground black pepper



**Directions:**

Stack two 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 kale leaves. Chop the kale strips crosswise a few times, so they aren't too long.

Place the kale in a mixing bowl along with the olive oil, lemon juice, and salt. Toss well with your hands, working the dressing into the greens. Add the pine nuts and raisins and toss gently. Season to taste with black pepper. Stored in a sealed container in the refrigerator, Mediterranean Kale Salad will keep for three days. Bring to room temperature before serving.

*VARIATION #1:* Substitute  $\frac{1}{4}$  cup sliced kalamata olives for the raisins and add 1 diced red bell pepper.

*VARIATION #2:* Eliminate the raisins and the pine nuts. Add 1 seeded and diced tomato, 1 diced avocado, and a dash of cayenne pepper.