

Zesty Kale Salad:

This recipe has been the responsible culprit for a sudden sell out of kale among local Vancouver grocery stores. It is the perfect tangy dive into the world of greens using a raw method of tenderizing the kale through the salt in the tamari.

- 1 bunch organic curly kale, chopped de-stemmed
- 2 tbsp. minced garlic
- 2 tbsp. lemon juice
- 2 tbsp. sesame seeds
- 2 tbsp. tamari soy sauce (or season to taste)

Place the following ingredients in a resealable plastic bag: 1 bunch of chopped and de-stemmed curly kale, 2 tablespoons each of minced garlic, lemon juice, sesame seeds, and tamari soy sauce. Seal the bag and gently massage contents until well mixed. This salad may be eaten immediately (sometimes I just can't wait) but the kale is most tender and flavorful after refrigerating overnight.

Yield: 4-5 servings

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Shopping List:

- 1 bunch organic curly kale
- 1 garlic clove
- 1 lemon
- 2 tbsp. sesame seeds
- tamari soy sauce (available in reduced-sodium, organic, and gluten-free versions)

Tips:

Tamari is a fermented soy sauce that is known by its nutrient-rich, complex flavor. This recipe is delicious served over brown rice with sliced avocado! Try swapping the tamari soy sauce with Bragg's Amino Acids.