

KALE SALAD

MAKES



SERVINGS

This recipe was inspired by one of my favorite farmers and dearest friends, Stuart Dickson. He is an amazing cook and farmer and has taught me much about cooking. Did I mention that my farmer friends are the ones who have taught me to cook? They know so much about the food they grow and put in our hands. Often, I find inspiration in their simple descriptions of how they like to eat what they have grown. Stuart loves kale, and this is one of his favorite ways to eat it.

- 1 large bunch kale, thinly sliced
- ¼ cup extra-virgin olive oil
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 3 tablespoons balsamic vinegar

- 1 hot chile pepper, such as jalapeño, serrano, or habanero, seeded and minced
- Salt
- Freshly ground black pepper

Put the kale in a large serving bowl; set aside at room temperature.

Heat the oil in a small sautépan over medium-low heat. Add the onion and garlic and cook for 6 minutes, or until very soft. Add the vinegar and chile pepper. Cook for 1 minute. Pour the mixture

over the kale and toss well. Season with salt and black pepper to taste and serve immediately.

VARIATION

I love this salad with bits of soft goat cheese crumbled over the top.