

Kale, Apple, Cheddar Salad



Ingredients

- 4 cups very finely chopped or slivered curly kale purple Russian or dino (Lacinato) kale (One full to half bunch, stemmed and washed in two rinses of water, then laid to dry on a tea towel while other ingredients are prepped).
- 2 tablespoons coarsely chopped toasted almonds (Any nut you like will work here. Toasting the nuts, though not essential, brings a nutty flavor, especially in combination with the Parmesan.)
- 1 apple cored and cut in 1/4-inch dice (If you have access to a Pink Pearl or Pink lady, that is especially pretty, but any apple is delicious.)
- 1-ounce sharp Cheddar cheese cut in 1/4-inch dice (I like Beecher's Flagship sharp white cheddar).
- 2 tablespoons fresh lemon juice or a vinegar you like. Balsamic, red wine vinegar or apple cider vinegar all work well.)
- Salt to taste
- 1 small garlic clove, finely chopped or grated
- 5 tablespoons extra virgin olive oil or avocado or another neutral oil)

- 2 tablespoons freshly grated Parmesan

Preparation

1. Pat the kale dry by putting another tea towel over the one the kale is resting on (like a tea towel sandwich).
2. Stack the kale leaves like pancakes in a couple of stacks. Roll the stacks tightly like cigars. Cut the cigars into very thin slices and place them in a bowl. Repeat with each stack until your clean, dry kale is all cut and ready for other ingredients.
3. In a jar with a lid, combine oil, vinegar or lemon juice, garlic and salt. Shake well then pour over kale in bowl. Pour enough to coat kale but not drown it in dressing.
4. With your clean hands, massage the dressing into the kale. This softens the kale. Do this for 2 minutes or so until the kale has absorbed much of the dressing.
5. Add the cheddar and apples. Toss to combine. You can chill the salad at this point.
6. Just before serving, add the almonds and Parmesan. Toss and serve.