

Easy Kale Salad

For the first year of our newsletter, we have published 3-ingredient recipes that rely on meat. Meat itself has a great deal of flavor, an additional ingredient or two can make a delicious dinner.

But for many cooks, the meat isn't the difficult part of the meal to plan -- healthy dishes with vegetables, grains, fruits and nuts are the foods we should be consuming more, and can be our biggest challenges.

So we'll be deviating from our 3-ingredient construct to bring you more seasonal, plant-based recipes with an emphasis on a few ingredients -- but maybe more than 3 -- that are easy to put together and get on the table for your friends and family.

Ingredients:

1/3 cup olive oil
1/3 cup fresh lemon juice
2 cloves garlic, minced
1 teaspoon salt
1 pound kale, more or less
1 cup grated Parmesan cheese
Sliced almonds, optional

Cooking Instructions:

In a large bowl, beat olive oil, lemon juice, garlic and salt until salt dissolves. Remove stems from the kale and discard. Wash the leaves and set on a towel. Working in batches, chop the leaves in a food processor with a steel blade. Turn finely-chopped leaves into the bowl with the dressing.



When all the leaves have been added, stir to coat the leaves with dressing, then sprinkle with cheese and stir again. Serve topped with sliced almonds, if desired. This salad may be refrigerated for several hours but is best served at room temperature.

Serves 8 as a side dish.

--Sarah Fritschner, Kentucky Food Writer