**Kale Salad**

Salad:

1 bunch curly kale, chopped thinly

1 cup pine nuts (no need to toast)

1 cup shredded parmesan cheese

salt and pepper, to taste

Dressing:

1 lemon, juiced

½ cup olive oil

**Kale Salad**

Ingredients

 1 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced

 1 lemon, juiced

 1/4 cup extra-virgin olive oil, plus extra for drizzling

 Kosher salt

 2 teaspoons honey

 Freshly ground black pepper

 1 mango, diced small (about 1 cup)

 Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons

Directions

In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes.

Pour the dressing over the kale, and add the mango and pepitas. Toss and serve.

**Kale Salad**

Italian Kale

Lemon zest

Toasted walnuts

Pecorino

Olive oil

Serves 6

The key to this salad is finely chopping the kale leaves.

Ingredients

2 tablespoons olive oil

2 tablespoons lemon juice

1 to 2 teaspoons chili powder

1/2 teaspoon salt

2 bunches kale, stems and tough ribs removed, leaves very finely chopped

Method

In a large bowl, whisk together oil, lemon juice, chili powder and salt. Add kale, toss to combine and serve.

**Raw Tuscan Kale Salad**

I doubled up on the breadcrumbs here. Because who doesn't like a bit of extra crunch? That is reflected in the recipe below. And for those of you without access to pecorino, freshly grated Parmesan would be a reasonable substitute.

 1 bunch Tuscan kale (for ex: black or lacinato)

 2 thin slices country bread, or two handfuls good, homemade coarse breadcrumbs

 1/2 garlic clove

 1/4 teaspoon kosher salt, plus a pinch

 1/4 cup (or small handful) grated pecorino cheese, plus adiitional for garnish

 3 tablespoons extra-virgin olive oil, plus additional for garnish

 Freshly squeezed juice of one lemon (scant 1/4 cup or ~50ml)

 1/8 teaspoon red pepper flakes

 Freshly ground black pepper to taste

**Kale Salad**

Ingredients

4-6 cups kale, loosely packed, sliced leaves of Italian black (Lacinato, "dinosaur," cavolo nero) midribs removed

juice of 1 lemon

3-4 tablespoons extra-virgin olive oil

2 cloves garlic, mashed

salt & pepper, to taste

hot red pepper flakes, to taste

2/3 cup grated Pecorino Toscano cheese (Rosselino variety if you can find it) or other flavorful grating cheese such as Asiago or Parmesan

1/2 cup freshly made bread crumbs from lightly toasted bread

Instructions

 Whisk together lemon juice, olive oil, garlic, salt, pepper, and a generous pinch (or more to taste) of hot red pepper flakes.

 Pour over kale in serving bowl and toss well.

 Add 2/3 of the cheese and toss again.

 Let kale sit for at least 5 minutes. Add bread crumbs, toss again, and top with remaining cheese.