

# NYBG

EDIBLE ACADEMY  
FRESH FROM THE GARDEN TASTINGS



## LEMONY KALE SALAD

Inspired by the New York Times  
Yield: 6 - 8 servings

### Ingredients

- 1 cup pumpkin seeds\*, lightly toasted on a dry pan or raw, as you prefer
- 1/3 cup lemon juice, such as 100% lemon juice\* or freshly squeezed lemon juice (from 1 1/2 -2 ripe lemons; more if unripe)
- Kosher sea salt\*
- 3/4 cup extra virgin olive oil\*
- 3 cloves garlic, crushed with the flat side of a knife, peeled and left whole
- 2-3 bunches washed and dried kale leaves, thick stems removed
- 1 cup grated Parmesan cheese\* (optional)

\*365 Everyday Value® products are found exclusively at Whole Foods Market®.

### Instructions

In a toaster oven or skillet, toast pepitas until golden brown and fragrant. Set aside to cool.

In a bowl, combine lemon juice and 1 heaping teaspoon salt. Slowly whisk in olive oil. Add garlic cloves and set aside to steep. If you are unable to steep for an hour or more, consider heating the oil until just warm in a pan, removing from heat, and adding the garlic: the warm oil will absorb the flavor of the garlic more quickly.

Working in batches, cut the kale into thin ribbons: gather a large handful of leaves, bunch together tightly, and use the other hand to slice into 1/4-inch thick pieces. This need not be done very precisely or neatly; the idea is to end up with a kind of slaw.

Place chopped kale in a very large bowl. Sprinkle surface with pepitas and then with cheese, if using. Remove and discard garlic cloves from dressing. Pour half the dressing over the salad and toss. Taste for dressing and salt and add more as needed, tossing to coat thoroughly. Serve within 1 hour.

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