

NYBG

EDIBLE ACADEMY SUMMER SOLSTICE WEEKEND

ODETTA'S SASSY KALE SALAD

Prepared for the Edible Academy Solstice Weekend by
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Yield: 12 servings

Ingredients

- 3–4 pounds of kale
- 1 tablespoon baking soda
- 2–3 tablespoons of liquid smoke
- 2–3 tablespoons red pepper flakes
- 2–3 tablespoons liquid amino acids, such as Bragg's
- 2–3 tablespoons of nutritional yeast
- 12 Hass Avocados of medium size, ripe if possible
- 2 heads of Garlic
- 2 large lemons
- 8 oz pimiento peppers, jarred
- 2–3 tablespoons olive oil



Instructions

Cut the thick stalks from the kale. In a large bowl, soak kale in a sink with a Tablespoon of baking soda to clean dirt and sand from leaves. Drain the kale and lay out to dry on paper towels.

To prepare the dressing, in a medium-sized bowl, whisk together the liquid aminos, red pepper flakes, nutritional yeast, and olive oil.

To prepare the salad, peel and pit all of the avocados. Chop the pimientos into very small bites. Dice the avocados (it is okay if they mash up a bit). Finely chop or press 8 – 12 cloves of garlic. Chop the kale into generous bite-sized pieces. In a large salad bowl, add the kale, then the avocado. Toss or massage to incorporate. Dress with the dressing. Add lemon juice, 1 ounce at a time, tasting as you add. Add the garlic. Fold in the pimientos.

Serve. This recipe can be prepared with tomatoes, radishes, and shaved zucchini, as well.