

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



LEMONY KALE SALAD

Ingredients

- ½ cup pumpkin seeds (pepitas), lightly toasted
- ⅓ cup lemon juice or juice from 1 ½ - 2 ripe lemons; more if unripe
- Sea salt
- ¾ cup extra virgin olive oil
- 3 cloves garlic
- 2 – 3 bunches washed and dried kale leaves, thick stems removed
- 1 cup grated Parmesan cheese (optional)

Instructions

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

Using the flat side of a knife or a knife, crush 3 cloves garlic. Remove peel but leave whole. 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, instead heat the oil until just warm in a pan, remove from heat, and add the garlic.

Cut the kale into thin ribbons: gather a large handful of leaves, bunch together tightly, and slice into 1/4-inch-thick ribbons using a sharp knife or scissors. Rough cuts are ok: this is a slaw!

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