

HEARTY KALE AND RAISIN SALAD (SERVES 8)

INGREDIENTS:

2 large bunches kale (about 1 ½ pounds, or about 35 large kale leaves)

3 tablespoons extra virgin olive oil (plus more, if necessary)

Juice of 1-2 lemons

½ cup raisins

½ cup pine nuts (or any other nut, like walnuts, peanuts, or cashews)

TIPS:

- Surprisingly, kale can be delicious served raw. Just allow it to rest in the dressing for a while before serving.
- Unlike most salads, this one will keep for several days without getting soggy. Covered and refrigerated, it will last at least 2 days.

DIRECTIONS:

1. Optional: Toast the pine nuts. Heat a small frying pan over medium heat for 1 or 2 minutes. Add the pine nuts and cook, stirring often, until nuts turn golden brown and smell toasty. This shouldn't take more than 5 minutes. Be sure to pay attention as the nuts cook—they burn easily!
2. Trim off the bottom inch or 2 from the kale stems. Wash the kale. (It's best to wash greens in a bowl of cold water, gently swishing them around. Lift the greens out if the water. If there's dirt in the water, rinse out the bowl, fill it with fresh water, and wash the greens again. Repeat this process several times until the water is free of dirt.) Dry the greens in a salad spinner or on clean paper towels or kitchen towels.
3. Remove stems from kale by either cutting or pulling them out. Reserve stems for another use. (Stems can be chopped up, stored in a plastic bag, and frozen for later use in soups.) Stack up a few kale leaves at a time and roll them up into a long tube. Cut the tube crosswise (the short way) to form thin strips, about ¼-inch thick. Place kale strips in a large bowl.
4. Dress kale strips with extra virgin olive oil, lemon juice, salt, and pepper. Add a little at first, toss the salad, and taste as you go, adding more oil, lemon, salt, or pepper as necessary. Add pine nuts and raisins and toss to combine. Allow salad to rest for at least 10 minutes before serving.