



Rawesome Kale Salad

Source: Project Bread

Servings

6

Ingredients

- 1/2 bunch kale, *any variety, but lacinato (Dinosaur) variety is especially tender*
- 2 Tbsp lemon juice
- 1 clove garlic, *minced*
- 2 Tbsp olive oil
- 1 1/2 Tbsp tahini *or peanut butters*
- 1 cup garbanzo beans, *drained and rinsed*
- Pinch of cayenne pepper, black pepper, and salt

Preparation

1. **Ä** Wash kale and chop into bite-sized pieces, discarding tough center stem.
2. **Ä** Coat kale with lemon juice, gently massage, and let sit 10 minutes, until leaves begin to tenderize.
3. **Ä** Peel and mince garlic. Add to kale.
4. **Ä** Add olive oil and tahini and toss to coat.
5. **Ä** Add garbanzo beans, cayenne, salt, and pepper.
6. **Ä** Serve immediately or store in refrigerator.



Did You Know?

Kale becomes sweeter after experiencing a light frost.

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mtharvestofthemonth.org



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Lacinato "Dinosaur" kale

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