

Recipe

MASSAGED UMAMI KALE SALAD



► ► Vegan, gluten-free, refined sugar-free

Yield: 2 large servings, 4 small servings

Prep Time: 10 min

Total Time: 10 min

INGREDIENTS: SALAD + DRESSING

10 leaves of kale (I used curly leaf kale)

1/2 lemon, juiced (1 Tbsp or 15 mL)

2 Tbsp (30 mL) tahini (sesame seed paste)

1 Tbsp (15 mL) water

1 Tbsp (15 mL) soy sauce (tamari if GF)

1 tsp (5 mL) olive oil

1 tsp (5 mL) sesame oil

1/2 tsp miso paste

1/2 tsp onion powder

Black pepper to taste

INGREDIENTS: TOPPINGS

1/4 cup (35 g) pine nuts*

3 Tbsp (30 g) raw or toasted pumpkin seeds

2 Tbsp (15 g) dried cranberries

2 tsp (25 g) nutritional yeast

DIRECTIONS

1. Remove the leaves of the kale from the stem (we don't want to keep the stems as they are too tough to eat). Then cut up the leaves into bite-sized pieces, either by tearing with your hands or by rolling it up and then slicing into shreds with a knife.
2. Place the cut-up kale in a large bowl and massage with your hands for 2-3 minutes until reduced in volume, soft and tender.
3. In a separate bowl, mix together the lemon through to black pepper until creamy. Then massage this into the kale as well until evenly distributed.
4. Top with the desired toppings and enjoy!

NOTES

1. *If your pine nuts are raw, and not purchased roasted, you can roast them yourself in the oven (bake at 350 F / 180 C for 5-7 minutes, stirring halfway) or on the stove (dry roast on high heat for 4-5 minutes, stirring throughout). Be careful not to overcook as it continues to roast even after removed from the oven/pan.
2. **Variations:** roasted squash would go wonderfully with this dish, or add other veggies of your choosing like roasted cauliflower or fresh cucumber slices.
3. **Make-ahead:** you can make the dressing ahead of time and also massage the kale ahead of time and store separately in the fridge. When ready to serve, simply toss together.
4. **Storage:** store in an air-tight container in the fridge for up to three days, if kale and sauce stored separately. If already mixed, best if enjoy within 1-2 days.

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