



Simple Series :: Kale

SIMPLE – RAW EMERALD KALE SALAD

INGREDIENTS

- 2 bunches kale, washed, center ribs and stems removed
- ¼ cup olive oil
- 3 tablespoons sesame oil (*not toasted sesame oil*)
- ¼ cup nama shoyu, soy sauce or tamari
- 3 cloves garlic, minced
- ¼ cup sesame seeds
- Kosher salt and fresh black pepper

DIRECTIONS

Tear or cut kale leaves into bite size pieces. Place kale pieces into sealable container with both oils. Shake container HARD to bruise kale. Add tamari, garlic and sesame seeds. Shake a bit more and eat.

SIMPLER – STEAMED SESAME KALE

INGREDIENTS

- 2 bunches of kale, washed, center ribs and stems removed
- tamari, soy sauce or shoyu
- sesame oil (*not toasted sesame oil*)
- toasted sesame seeds

DIRECTIONS

Steam kale until it is a bright green and becomes tender, but not too wilted. You may need to steam in batches if you have a small steamer.

Transfer to a large serving bowl, and toss with sesame oil to coat. Sprinkle with tamari, to taste. Add a generous sprinkling of sesame seeds.

SIMPLEST – KALE CHIPS

INGREDIENTS

- 1 bunch of kale, curly or flat leaf
- olive oil
- Kosher salt

DIRECTIONS

Preheat oven to 250°. Rinse, dry and remove center ribs and stems of kale. Tear into small, “chip-size” pieces. Toss kale with olive oil in a large bowl. Arrange leaves in a single layer on two large rimmed baking sheets or two racks set over baking sheets. Bake until crisp, about 25–35 minutes. Transfer or leave on baking racks to cool.