Kale Slaw

SERVES 4

Ingredients

6 large kale leaves, washed, the excess water shaken off
1 garlic clove, peeled and pressed through a garlic press
or minced
2 tablespoons fresh lemon juice (from around half a lemon)
2 tablespoons olive oil
Freshly grated parmesan cheese (optional)
Directions

1. Strip the ruffly leaves off the kale’s stems by grasping the bottom of each stem and pulling your hand up along it forcefully. The leaves will come off and leave behind the tough stems, which you can throw away.

2. Stack and bunch the leaves together on the cutting board and use the knife to cut across the stack so that you end up with skinny slivers of kale.

3. Put the garlic, lemon juice, oil and salt in the large bowl, then add the kale and toss it all around with the tongs. Taste it, and add more lemon or oil if it needs it to make the flavors bright and yummy.

4. Add the parmesan cheese and serve.

Source: ChopChop Magazine

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.