



Ginger Marinated Kale

8-10 servings

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

1 bunch of kale
1 bunch scallion

Dressing

1 clove of garlic
½-inch piece of fresh ginger root
1/3 cup olive oil
1-2 tbsp Braggs Liquid Aminos
1/2 cup of water
¼ cup lemon juice (1-2 lemons)
1/4 tsp Kosher salt
Pinch or two of cayenne

Equipment for class

Cutting board
Chef's knife
Large bowl
Standing blender or immersion blender

Directions

1. Remove the spines from the kale and cut into bite sized pieces. Place the kale and scallions in a large bowl.
2. Using a blender, combine the remaining ingredients to create a dressing. Toss the kale with the dressing and refrigerate for 4-5 hours before eating. If you can wait, enjoy it as soon as you dress it!

Notes:

- This salad can be stored in the refrigerator and eaten for up to 5 days. The kale softens as the salad sits in the refrigerator.

Additions:

- A handful of dried cranberries or raisins.
- Top with chopped pecans, slivered almonds, or pumpkin seeds.
- Add shredded zucchini or carrots.
- Cooked shrimp, shredded chicken, or cubed tofu can be added.