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Ginger Marinated Kale w/Grilled Peaches

Makes 10-12 servings

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

8 cups kale-one large bunch or about 10 kale leaves

1 glove of garlic

½-inch piece of ginger root

1/3 cup olive oil or avocado oil

1 -2 tbsp [Braggs Liquid Aminos](#) or soy sauce

1/2 cup water

¼ cup lemon juice

1/4 tsp Kosher salt

Pinch or two of cayenne

2-4 peaches-ripe, but firm ([freestone peaches](#) are ideal for this recipe, but any ripe peach will do)

1. Place the chopped kale in a large bowl.
2. Using a blender, combine the remaining ingredients to create a marinade. Toss the kale with the marinade. Let your dressed salad sit for at least 30 minutes. This salad will get better the longer it sits. Place your dressed salad in the refrigerator and enjoy for up to 5 days. Don't store this salad with the additional toppings-add them each time you serve.
3. If adding grilled peaches, preheat a grill pan or your outdoor grill. Cut each peach in half and remove the pit. Cut each half again. Brush the cut sides of each peach with a neutral flavored cooking oil and sprinkle with a little salt. Grill on each side for 3-5 minutes or until the peaches have dark grill marks. Remove and serve with kale salad.

Additions: cooked shrimp, chicken, beef, pork, or tofu

Grilled peaches, sliced plums, black berries, raisins, raisins-any fruit is tasty!

Feta cheese, Queso Fresco, ricotta salata, fresh mozzarella

Pecans, almonds, sunflower seeds, pumpkin seeds.

Equipment for class

Cutting board

Chef's knife

1 large salad bowl

Blender, standing or immersion w/ tall container

Grill pan or outdoor grill

Pastry brush

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1 glove of garlic

½-inch piece of ginger root

1/3 cup olive oil or avocado oil

1 -2 tbsp [Braggs Liquid Aminos](#) or soy sauce

1/2 cup water

¼ cup lemon juice

1/4 tsp Kosher salt

Pinch or two of cayenne

* Optional: 2-4 peaches-ripe, but firm ([freestone peaches](#) are ideal for this recipe, but any ripe peach will do)

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