

Chef AJ's Hail to the Kale Salad by Wendy Solganik

Ingredients:

2 large heads of curly kale (about 24 ounces)
sesame seeds, hemp seeds, peanuts, almonds or cashews (optional)

Dressing:

1 cup raw almond butter (raw, unsweetened and unsalted)
1 cup coconut water (or regular water)
¼ cup fresh lime juice (about 2) and zest (I used the juice and zest of one large lemon, cause that's what I had on hand)
2 cloves garlic
fresh, peeled ginger (approximately 1" or ¾ of an ounce)
2 tablespoons low sodium Tamari (soy sauce)
4 pitted dates (soaked in water if not soft)
½ teaspoon red pepper flakes

Preparation:

In a high powered blender combine all ingredients until smooth and creamy. Remove the thick, larger stems from the kale and place in a large bowl. Pour 2 cups of the dressing over the kale and using an Ulu blade, massage the dressing into the kale while using the Ulu to finely chop the kale. Sprinkle with seeds or nuts before serving, if desired. Like a woman, this only gets better with age.

This dressing also makes a delicious peanut dip for fresh veggies but you need to cut way back on the water and add some cilantro.
<http://www.chefajshealthykitchen.com/>

Wendy's Note: I have no idea what an Ulu blade is, so I just tore my kale into smallish pieces and dressed the salad. Since it is going to marinate until tomorrow night, it should work fine.

Dick's Note: A Ulu blade is a special native western Alaskan knife with a handle that accepts the full hand and has a sharp curved stainless steel blade that is below it. If you are still interested in more info visit ulu.com. Tearing up the kale into small pieces by hand is just as good or maybe even better.