

Rawesome Kale Salad

Source: *Project Bread*

Servings

6

Ingredients

1/2 bunch kale, any variety, but *lacinato* (*Dinosaur*) variety is especially tender

2 Tbsp lemon juice

1 clove garlic, *minced*

2 Tbsp olive oil

1 1/2 Tbsp tahini or *peanut butters*

1 cup garbanzo beans, *drained and rinsed*

Pinch of cayenne pepper, black pepper, and salt

Preparation

1. Wash kale and chop into bite-sized pieces, discarding tough center stem.
2. Coat kale with lemon juice, gently massage, and let sit 10 minutes, until leaves begin to tenderize.
3. Peel and mince garlic. Add to kale.
4. Add olive oil and tahini and toss to coat.
5. Add garbanzo beans, cayenne, salt, and pepper.
6. Serve immediately or store in refrigerator.



Did You Know?

Kale becomes sweeter after experiencing a light frost.

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mtharvestofthemonth.org

