

# Kale Salad

by Chef Mary of Kitchentimes

This salad is a very nutritional helping of vegetables. It is chewy and takes a long time to eat. The basic salad includes onion, carrot, celery, cabbage and kale. Then add other vegetables that are available. Just before serving add soft vegetables like cucumbers.

Kale salad will keep in the fridge for a few days-store it in a bowl and cover the bowl. It makes a good snack when you get the 'munchies'.

Onion – use a sweet onion like Wala Wala, or green onions – chopped or sliced

Cabbage-Sui choy, red, green, savoy - sliced

Kale – lacinato or dragon tongue, curly or red Russian. Remove the stem and chop into small pieces. Use the smallest leaves. Kale does not need to be rubbed or oiled.

Carrots – peel if necessary, then grate with the larger grater

Celery – slice into ¼ inch pieces

Other hard types of vegetables-chop, slice or grate:

Kohl Rabi – peel, cut into wedges then slice the wedges

Daikon – as above, peel, cut into wedges then slice

Cauliflower – cut florets into smaller ½ to 1-inch pieces

Broccoli – cut similar to the cauliflower

Parsley – chop the leafy part. This is very nutritious and has great flavor.

Dressing:

Use a vinaigrette style, either from the store or homemade. Add some mayonnaise or creamy style of dressing if you prefer.