

THE FLEXITARIAN COOK

FLEXITARIAN.CHRISTINESUSSKIND.COM

Kale salad with cranberries and pine nuts

1 healthy bunch fresh kale

juice of half an orange

juice of one Meyer lemon

1/4 cup extra virgin olive oil

sea salt and pepper to taste

2 cloves garlic, pressed

1 handful dried cranberries

1 handful pine nuts

Stem and wash the kale. Fill a large pot with water and a teaspoon of salt and bring to a boil. When the water is boiling, add the kale and blanch for 2 mn. You only want to blanch the kale, not fully cook it. Drain and rinse, then dry in a salad spinner. Make the dressing for the salad with the citrus juices, olive oil, garlic, salt and pepper. Whisk to emulsify. Toss kale with dressing, cranberries and pine nuts. Refrigerate for at least 1 hour before serving.