

Kale Salad

There are two choices to make: one is all raw and one is raw plus cooked.

2 bunches Kale
1 Tbs. white sesame seeds
¼ tsp. salt
1-2 Tbs. olive oil
1 ½ tsp. rice vinegar
1 Tbs. soy sauce
2 tsp. toasted sesame oil

1. in a skillet, toast the sesame seeds until lightly brown and set aside.
2. To make all raw:
 - Very thinly slice all the kale.
 - In a large bowl, toss the kale with the olive oil and salt and massage the oil into the kale until it becomes tender.
 - Whisk together the vinegar, soy sauce, and sesame oil. Pour the dressing over the greens and add the sesame seed. Gently toss it all together.

To make the combo:

- Very thinly slice one bunch of the kale.
- In a large bowl, toss the thinly sliced kale with the olive oil and salt, and massage the oil into it until it becomes tender.
- Whisk together the vinegar, soy sauce, and sesame oil. Pour the dressing over the raw greens and add the sesame seed. Gently toss it all together.
- Coarsely chop the other bunch of kale and steam it.
- Combine the cooked and the raw together in the large bowl.