

## Kale Salads

1)

### Ingredients

- ¾ cup quinoa, rinsed
- 1 ½ cups water
- ½ cup golden raisins
- 1 bunch dinosaur kale (or 4 cups baby kale)
- Pinch of sea salt
- 3 green onions, finely chopped
- ¼ cup pine nuts

### *Golden Turmeric Dressing*

- ¼ cup olive oil
- ½ lemon, juiced
- 1 tsp. turmeric
- 2 Tbsp. agave
- ¼ tsp. sea salt
- 1 Tbsp. hemp seeds (optional)

### Instructions

1. Combine the quinoa and 1½ cups of water in a saucepan. Bring to a boil, cover, and reduce heat. Simmer for 8 to 10 minutes, until the quinoa is cooked through and all the water has been absorbed. Remove saucepan from heat. Stir in the raisins, replace the lid, and let the mixture rest, covered, for 5 minutes.
2. Meanwhile, remove the tough stems from the kale leaves and discard. Chop the leaves into small, thin pieces and add them to a large serving bowl. Sprinkle in a pinch of sea salt and use your hands to massage the kale leaves until fragrant and slightly softened, about a minute. Stir in the green onion and pine nuts.
3. If you haven't already, remove the lid from the saucepan to allow the quinoa and raisins to cool. To prepare the golden turmeric dressing, whisk together the olive oil, lemon juice, turmeric, agave, sea salt, and hemp seeds (if using) in a small bowl.
4. Once the quinoa and raisins have cooled to room temperature, stir them into the serving bowl to join the kale, green onion, and pine nuts. Stir to combine. Before serving, drizzle on as much of the golden turmeric dressing as you'd like (you may not use it all) and toss to coat. Enjoy at room temperature or chill salad in the fridge for 30 minutes before eating.

2)

## Ingredients:

### For the salad and dressing:

- 2 medium bunches destemmed kale, finely chopped (8 to 9 cups)
- 2 large garlic cloves
- ¼ cup fresh lemon juice
- 3 to 4 tablespoons extra-virgin olive oil, to taste
- ¼ teaspoon fine sea salt
- ¼ to ½ cup dried sweetened cranberries, for garnish

### For the pecan Parmesan:

- 1 cup pecan halves, toasted
- 1 ½ tablespoons nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 2 pinches fine sea salt

### Directions:

1. Preheat the oven to 300°F. Spread the pecans onto a baking sheet and toast in the oven for 8 to 10 minutes until fragrant and lightly golden.
2. Remove the stems from the kale and discard. (You can save them for smoothies if you are hardcore!) Finely chop the kale leaves (the smaller, the better).
3. Wash the kale and spin dry. Place dried kale into a large bowl.
4. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, and salt, process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.
5. For the Pecan Parmesan: Rinse out the mini processor and pat dry. Add the pecans into the processor and process until the pecans are the size of peas or a bit larger. Now add in the nutritional yeast, oil, and salt and process again until it has a coarse crumb texture. Be sure not to overprocess—we still want a nice crunchy texture here, not powder.
6. Sprinkle the Pecan Parmesan all over the salad. Toss on a handful or two of dried cranberries. Wrap and place in the fridge for 30 to 60 minutes to soften, or you can simply enjoy it right away. In the past, I've tried letting this salad sit overnight in the fridge and I greatly prefer the flavour of the salad served the day of, so I don't recommend making this salad the day before and letting it sit in the fridge overnight.

## With White Beans

- 1 15- ounce can white or butter beans, rinsed and drained
- ½ lemon, juiced (1 Tbsp)
- 1 Tbsp olive oil
- ¼ tsp sea salt
- 1 Tbsp fresh parsley, chopped, plus more for topping

### **SALAD**

- 10 ounces kale, chopped, large stems removed
- 1 lemon, juiced (2 Tbsp)
- 1 Tbsp olive oil
- 1 Tbsp maple syrup
- Pinch each sea salt + black pepper
- 1 clove garlic, minced

### **DRESSING**

- 1/3 cup *tahini*
- 1 clove garlic, minced
- 1 ½ lemons, juiced (3-4 Tbsp)
- 1-2 Tbsp maple syrup
- Pinch each sea salt + black pepper
- Hot water to thin

### **Instructions**

1. If making croutons (optional), preheat oven to 325 degrees F.
2. Add bread cubes to a large mixing bowl. In a separate bowl, whisk together oil, garlic powder, sea salt and pepper, and pour over bread. Toss to combine. Season once more with a bit more garlic powder, salt and pepper. Toss once more.
3. Spread on a bare baking sheet and bake for 15-20 minutes or until golden brown. Flip/stir at the 10-minute mark to ensure even baking. Set aside.
4. In the meantime, add drained beans to a small mixing bowl and add lemon juice, olive oil, sea salt, and fresh parsley. Toss to combine. Set aside.
5. Add kale to a large mixing bowl with lemon juice, olive oil, maple syrup, salt, pepper and minced garlic. Use your hands to massage the kale and break down its texture a bit, and to season the salad.
6. To prepare dressing, add tahini, garlic, lemon juice, maple syrup, sea salt, and pepper to a small mixing bowl. Whisk to combine, then add hot water to thin until pourable. Taste and adjust seasonings as needed. Set aside.
7. Lastly, add beans, croutons, and 3/4 of the dressing to the kale and toss to combine. Serve with any additional dressing and garnish with vegan parmesan cheese (optional). Best when fresh. If serving later, store dressing and croutons separate.

**My July 13 Version:**

- ¾ cup quinoa, rinsed
- 1 ½ cups water
- ½ cup raisins
- 1 bunch dinosaur kale (or 4 cups baby kale)
- Pinch of sea salt
- ¼ onion & 2 Tbsp fresh chives, finely chopped

#### **For the dressing**

- 1/3 cup *tahini*
- 1 clove garlic, minced
- 1 ½ lemons, juiced (3-4 Tbsp)
- 1-2 Tbsp maple syrup
- Pinch of salt
- Hot water to thin

#### **For the pecan Parmesan:**

- 1 cup pecan halves or pieces, toasted
- 1 ½ tablespoons nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 2 pinches fine sea salt

#### **Instructions**

Combine the quinoa and 1½ cups of water in a saucepan. Bring to a boil, cover, and reduce heat. Simmer for 8 to 10 minutes, until the quinoa is cooked through and all the water has been absorbed. Remove saucepan from heat. Stir in the raisins, replace the lid, and let the mixture rest, covered, for 5 minutes.

Meanwhile, remove the tough stems from the kale leaves and discard. Chop the leaves into small, thin pieces and add them to a large serving bowl. Stir in the onion & chives.

If you haven't already, remove the lid from the saucepan to allow the quinoa and raisins to cool.

For the Pecan Parmesan: Add the pecans into the mini processor and process until the pecans are the size of peas or a bit larger. Now add in the nutritional yeast, oil, and salt and process again until it has a coarse crumb texture. Be sure not to overprocess – we still want a nice crunchy texture here, not powder. Set aside.

To prepare dressing: Add tahini, garlic, lemon juice, maple syrup, and salt, to a small mixing bowl. Whisk to combine, then add hot water to thin until pourable. Taste and adjust seasonings as needed. Set aside.

Once the quinoa and raisins have cooled to room temperature, stir them into the serving bowl to join the kale and onion. Stir to combine. Before serving, drizzle on as much of the tahini dressing as you'd like (you may not use it all) and toss to coat. Sprinkle the Pecan Parmesan all over the salad. Enjoy at room temperature or chill salad in the fridge for 30 minutes before eating.