

## **Cajun Kale Salad** (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

*This unusual salad shows off kale in a different way. Unlike spinach, kale keeps its shape after cooking, so it is suitable in salads. Here its dark, bright color is set off by the colorful peppers and corn. The spices add a dimension of excitement. Just be sure to sprinkle on the lemon juice not more than 10 minutes before serving. Otherwise the kale will turn a drab shade of army green. Without the oil, this salad is deliciously fat-free.*

Serves 4-6

4 ears sweet corn, shucked

¾ lb kale (about 6 cups, chopped)

1 large red pepper, diced

1 green pepper, diced

1 small Vidalia onion or red onion, minced

1 -1 ½ tsp Cajun spice mix, or to taste

sea salt to taste

Cajun spice mix:

2 tsp paprika

½ tsp cayenne

¼ tsp freshly ground black pepper

¼ tsp allspice

½ tsp dried thyme leaves

¼ tsp freshly ground white pepper

2 Tbsp freshly squeezed lemon juice

2 Tbsp extra virgin olive oil (optional)

To cook corn, bring 2 cups water to a boil in a large pot. Add corn. Cook for 5 minutes until bright yellow. Remove corn from water with a slotted spoon, saving a cup of the cooking liquid. Cool corn and cut kernels off the cobs. Place in a large mixing bowl.

Wash kale and strip leaves off the stalks. Discard stalks and chop kale leaves into medium-fine pieces. Bring saved corn cooking liquid to a boil, add chopped kale leaves, and cook for 4 minutes, or until kale is just tender and still bright green. Remove from cooking liquid with a slotted spoon to a large plate to cool quickly.

To prepare Cajun spice mix, combine paprika, peppers, allspice, thyme, and white pepper in a small bowl or dish.

When kale has cooled, toss with the corn, red pepper, green pepper, onion, garlic, and desired amount of Cajun spice mix.

Just before serving, sprinkle on the lemon juice for a nonfat salad, or whisk together the lemon

juice and olive oil and toss with vegetables. Season to taste with a pinch of salt.