



lemony kale & apple salad in parmesan cups

Kale is a superfood and this lemony kale salad with apples, dried cherries, currants and pine nuts is superb food. An amazingly refreshing and crunchy salad, kale is tossed in a lemon vinaigrette and served in an edible Parmesan bowl. Move aside romaine...there's a new salad star at our tables.

SERVES: 6-8



julie albert & lisa gnat

ingredients

Parmesan Cups

- 2 cups freshly grated parmesan cheese

Kale Salad

- 8 cups baby kale leaves
- 1/4 cup dried black currants/lil>
- 1/4 cup dried cherries
- 1 Granny Smith apple, cored and diced
- 1/4 cup pine nuts, toasted

Lemon Vinaigrette

- 3 tbsp fresh lemon juice
- 1 tbsp rice vinegar
- 1 tsp honey
- 1 tsp soy sauce
- 1/4 tsp lemon zest
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 4 tbsp olive oil

directions

1. For the Parmesan cups, preheat oven to 350°F. On a piece of parchment paper, draw 6 1/2-inch circles. Flip parchment paper over and place on baking sheet so the ink side is facing down. Place approximately 5 tbsp of Parmesan cheese in each circle and gently spread out to cover the outlined circle. Bake in preheated oven until golden brown, 9-10 minutes. Watch carefully to avoid burning. Remove from oven and let cool on baking sheet for 1 minute. Immediately drape over a small bowl or glass to get a basket shape. Let cool for a few minutes. Remove from bowl and store Parmesan cups at room temperature in an airtight container.
2. For the salad, in a large bowl, combine kale, currants, cherries and diced apple. Pour the dressing over the salad and toss to coat. To serve, pile salad in Parmesan cup and top with toasted pine nuts.
3. For the dressing, place lemon juice, rice vinegar, honey, soy sauce, lemon zest, salt and pepper in a medium bowl. Whisk until blended. Slowly drizzle the olive oil into the bowl while constantly whisking, until incorporated.

