

How to Make the Best Kale Salad

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1. Introduction

Hi! This instruction manual will teach you how to make the tastiest kale salad you've ever had. It's made with hearty kale, goat cheese crumbles, salty nuts, sweet cranberries, and a fresh lemon balsamic dressing. The complementing textures and flavors dance together on your tongue to make a well-composed and balanced salad with a bite of everything in each spoonful.

It's my go-to crowd-pleaser for potlucks, quick and easy dinners, or when you just need a healthy reset. Enjoy for a lunch or dinner or serve it alongside any meal for a healthy boost in nutrition. The salad is filled with great vitamins and nutritious fibers that will make your gut microbiome happy. One serving of this magical kale salad will leave your skin glowing and your digestive system flowing!

This salad recipe is designed for anyone. People of all skill levels and ages can make and enjoy this salad.



2. The Nutritional Benefits of Kale Salad (in other words, why you should eat this salad)

1. **Nutrients:** Kale is a nutritional powerhouse. This salad is rich in nutrients. It is packed with vitamins and minerals including vitamin K, vitamin A, vitamin C, calcium, and potassium. It's also a good source of fiber.
2. **Antioxidants:** Kale is also high in antioxidants, which reduces oxidative stress (which means decreases in fatigue, slowing in aging, better eyesight, and more) and reduces the risk of chronic disease.
3. **Fiber:** Kale is filled with fiber that can support digestive health and regulate blood sugar levels. This also helps with feeling full after eating.



3. Ingredients

This recipe will make 6 servings. Before you start making the salad, gather the following ingredients and tools:



Tools

1. Large salad bowl

2. 2 small bowl
3. Measuring cups and spoons

For the Dressing:

1. ¼ cup olive oil
2. 1 lemon
3. 1-2 tbsp honey
4. 2 tbsp balsamic vinegar
5. Salt to taste
6. Black pepper to taste

For the Salad:

1. 2 bunches of kale
2. Drizzle of oil
3. Pinch of kosher salt
4. ½ cup goat cheese
5. ⅓ cup almonds
6. ⅓ cup dried cranberries

**4. Instructions (3 Sections)**

Prepare the Dressing (Section 1/3)

1. Grab a small bowl (this bowl will be used for combining the dressing) and combine the following ingredients: olive oil, balsamic vinegar, honey, salt, and pepper.
2. Roll the lemon on a countertop back and forth. Then cut the lemon in half.
3. Hold the lemon over a new small bowl (this one will be separate from the bowl used for dressing), and puncture one half of the lemon with a fork.
4. Squeeze the lemon while twisting the fork in the lemon back and forth, letting the lemon juice fall into a bowl. Be sure to pick out the seeds that have fallen into the lemon juice.

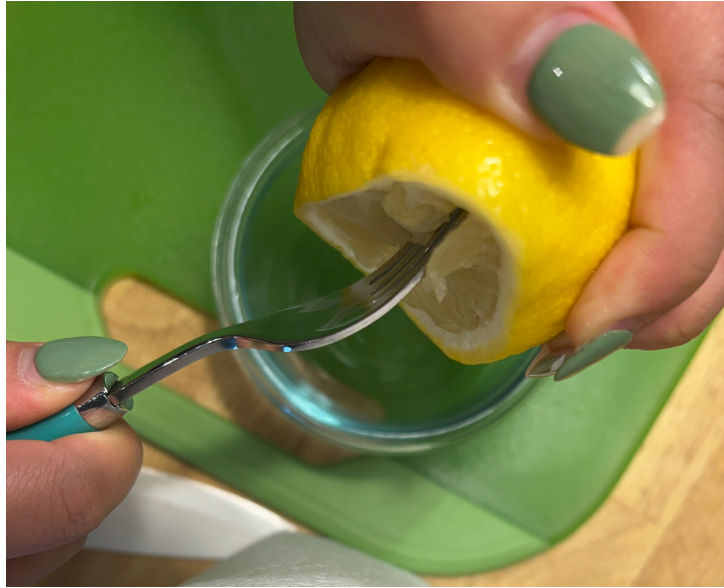


Diagram 1

⚠ Warning: Prevent touching eyes after squeezing lemon juice to prevent irritating eyes

5. Pour 2 tbsp lemon juice into the small bowl with the combined dressing ingredients.
6. Vigorously whisk the dressing using a whisk, fork, or chopsticks until clumps in the dressing disappear, and the dressing becomes a smooth liquid.
7. Set aside the dressing for later use.

Prepare the Kale (Section 2/3)

1. Wash the kale.
2. Shake the water off and pat the kale dry with a clean towel.
3. Place kale on the cutting board and grab a knife.
4. Chop off the end of the kale stems that stick out from the bottom of the leafy part of vegetable.
5. Grab the leafy part of the kale with your non-dominant hand. Use a sharp knife to finely chop the kale with your dominant hand.
6. Move your non-dominant hand down the rest of the bush of kale and continue chopping. Small leaves of kale should fall off of the stem. Keep cutting the kale until there is no kale left to cut.
7. Place kale leaves into a large bowl.
8. Pour the dressing over the kale leaves. Make sure to try to coat all of the leaves.


9. Massage the kale with clean hands until all kale leaves are evenly coated in dressing and the kale begins to soften.

Prepare the Toppings (Section 3/3)

1. Choose 1 of 2 ways to chop the nuts:
 1. Technique 1: Use a zip-lock bag and a rolling pin



Diagram 2

 Warning: Make sure to move fingers out of the way before smashing the nuts to prevent accidentally hitting hands

- i. Pour your choice of nuts into a quarter-sized zip-lock bag. Seal the bag tightly.
- ii. Place the bag on a dent-proof and stable surface. Preferably this could be a countertop or the group.
- iii. Smash the bag using a rolling pin or something of a similar shape until the nuts break into coarse 1/4-inch pieces.

2. Technique 2: Use a knife and cutting board



Diagram 3

⚠ Warning: Make sure to move fingers out of way to prevent cutting fingers

- i. Pour the nuts onto the cutting board.
 - ii. Hold the knife's handle with dominant hand, and place your non-dominant hand on top of the blade.
 - iii. Firmly press down on the top of the blade using your non-dominant hand and chop the nuts.
 - iv. Continue moving your dominant hand back and forth while pressing down on the top of the blade with your non-dominant hand until the nuts are chopped into ¼-inch pieces.
 - v. Periodically gather the chopped nuts back into one pile while you continue chopping.
2. Pour chopped nuts, dried fruit, and Parmesan cheese on top of the kale.
 3. Mix the salad thoroughly with a utensil of your choice or with your hands to ensure that all the ingredients are evenly distributed, ensuring that each bite of the salad contains a variety of ingredients.
 4. Now the kale is ready to serve. Plate the kale salad up and dig in!

★ Ways to Spice Up Your Salad

This recipe gives a baseline and simple recipe. The salad is great as is, but there's so much room to explore and play around with different flavors, textures, and ingredients. Feel free to add some ingredients or leave some out based on your own taste preferences. Here are some good ways to spice up the kale salad.

- Add in some fresh fruit. Blueberries, blackberries, finely diced apples, pears, or peaches all pair nicely with the kale and tart dressing.
- Switch out the goat cheese for something else or do a combination of different cheeses. Mozzarella, parmesan, feta, blue cheese are all great alternatives.
- Add some avocado for a creamier salad with some good vitamin A.
- Throw in some extra protein like grilled or shredded chicken, tofu, beef, pork, or shrimp.
- For some extra carbs and long-lasting energy, add some grains like warm quinoa, brown rice, or chickpeas.



How to Store Salad

This salad makes a good amount of food. Kale salad can that has already had the dressing mixed in in an airtight container in the fridge for up to 3 days.

If the dressing has not been mixed in yet, store the salad, the toppings, and the dressing in separate containers. The separated salad ingredients can be stored for up to 5 days. When ready to eat, toss the ingredients and dressing together and serve. This technique is great for meal prepping purposes during those busy weekdays.



Fun Fact

- The more the kale is massaged, the less bitter the kale will become. Massaging kale releases its bitter compounds, breaks down the rough texture, and makes it easier to chew and digest.



5. Troubleshooting

Issue 1:

Eating salad is causing gassiness and bloating.

Solution:

This is a normal side effect. Kale is high in dietary fiber, which is usually good for digestion. However, a sudden increase in fiber in a diet can lead to gas and bloating. Take antacids to counteract the bloating. If you do not consume kale regularly, start by eating smaller servings of kale salad and increase your intake slowly over time.

Issue 2:

Kale is too tough or bitter.

Solution:

Massage kale leaves for longer. The longer you massage the kale for, the softer and less bitter the leaves will become. Additionally, you can sprinkle the leaves with some more oil or salt to tenderize the kale to reduce its bitterness.

Issue 3:

The salad is too dry or overdressed.

Solution:

Getting the right dressing-to-salad ratio is challenging at times. Start by adding a little dressing at first. Add more later if needed. If the salad is too dry, toss in some more dressing and mix gently. If the salad is too overdressed, add some more kale, leafy greens, and/or salad ingredients to balance out the dressing.

Issue 4:

The salad is wilted and soggy.

Solution:

This salad is ideally served immediately after assembling and mixing in the dressing so that the leaves stay fresh and crisp. If the salad needs to be prepared ahead of time, store the dressing, leaves, and toppings separately and combine just before serving. However, if the salad is already wilted and soggy, a solution is to put the salad in the refrigerator for 15 minutes and its crispiness will be restored. Additionally, blending the wilted salad in a blender will produce a nice green goddess dressing that can be used as a repurposed chip dip or dressing for a different salad.

Issue 5:

Ingredients are not well-balanced.

Solution:

The best kale salads have a good mix of flavors, textures, and ingredients. To ensure you have a variety of ingredients such as fruits, nuts, cheese, protein, and grains (if desired), adjust the amount of ingredients to achieve the desired balance.