

Charred Kale & Onion Dip

Like all members of the brassica family (which includes broccoli and cabbage!), kale sings when lightly charred on the grill. This party-starter dip is a great way to sneak some greens into your diet, and is as delicious scooped up with carrots sticks as it is with pita chips. Don't eat dairy? Substitute vegan sour cream for the Greek yogurt and prepare to be the star of your next potluck.

YIELD: about 3 cups dip

DIETARY INFO: gluten-free, vegetarian, contains dairy

INGREDIENTS:

- 1 small bunch kale (about 5 ounces)
- 1 large onion (about 9 ounces), peeled & cut into 1" slices
- 2 cloves garlic
- 3 tablespoons extra-virgin olive oil, divided
- 2 cups Greek yogurt
- The juice & zest of 1 lemon
- ¼ teaspoon smoked paprika
- Pinch cayenne powder
- Salt and pepper, to taste

DIRECTIONS:

1. Prepare a grill for medium-high heat. Carefully wipe down grates with a lightly oiled paper towel. Working in batches, carefully grill kale leaves until just slightly charred, about 2-3 minutes per side. Grill onion slices until charred on the outside and soft in the middle, about 5 minutes per side.
2. When kale is cool enough to handle, strip leaves from their stems and discard stems. Place leaves, garlic and 1 tablespoon olive oil in the bowl of a food processor. Pulse until kale leaves are finely minced. Roughly chop grilled onions and add to food processor with kale paste. Pulse until onions are finely chopped.
3. In a large bowl, combine kale-onion mixture, Greek yogurt, 1 tablespoon olive oil, lemon juice & zest and spices. Season with salt and pepper. Stir together and taste, adjusting salt levels if necessary. Allow to rest in the fridge for at least 1 hour or up to 3 days to let the flavors meld.
4. To serve, drizzle remaining olive oil over dip and top with freshly cracked pepper.

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