Optimal Kale Salad
Dr. Amy Rowat

This kale salad version was heavily inspired by the napa valley grille, Westwood and FRESH, Toronto, Canada. It is really quite perfect. Very good served with grilled tofu.

QUINOA – boil 1 c quinoa with 1 c water. Then place in a thin layer on a hot frying pan over medium heat. Let sit and stir occasionally; the quinoa will start to dry out and become crispy. (Japanese crispy rice is another excellent addition

SUNFLOWER SEEDS – toast

POMEGRANATE SEEDS

PEA SHOOTS

KALE – wash and remove stems from the kale. massage the leaves as if you're kneading dough. finely chiffonade.

Optional: some arugula or romaine leaves chopped if you dislike the density of the pure kale

Dressing: whisk oil into aqueous phase
Zest of 1 lemon
Dijon
Lemon juice
Honey (or agave)
Olive oil
Salt, pepper to taste
*dressing was very good balsamic with excellent olive oil, grainy mustard and agave. Forgot the lemon zest, but this is also a very good addition
*mix together so there is a smattering of grains and seeds amidst the greens. Added a bit of mesclun to augment the salad.