



Lemon Kale Shreds with Feta Cheese

1 large bunch kale (12-14 ounces), center ribs and tough stems removed, leaves finely shredded
1 teaspoon Dijon mustard
Grated zest of 1 lemon
2 tablespoons freshly squeezed lemon juice
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 tablespoons olive oil
1/2 cup crumbled feta cheese (about 2 ounces)

Put the kale in a salad bowl.

To make the dressing, in a small bowl, whisk together the mustard, lemon zest, lemon juice, salt, and pepper. Add the oil and whisk to combine.

Drizzle the dressing over the kale, then, using your fingertips or tongs, toss together the kale and dressing. Spend a few minutes thoroughly working the dressing into the leaves. (At this point, you can cover and refrigerate the salad for up to 4 hours before serving).

Add the feta and toss once more before serving. Taste and adjust the seasoning with salt or black pepper if needed, then serve.

(Variations - for a dairy free or vegan dish, add 1/2 cup drained, cooked white beans or diced avocado in place of the feta)

Yield: 4 servings

Reprinted from Brassicas by Laura B. Russell (10 Speed Press, 2014)