

cookus*INTERRUPTUS

*how to cook fresh local organic whole foods
despite life's interruptions*

Massaged Kale Salad with Apples and Gorgonzola

Bastyr adjunct faculty member [Jennifer Adler M.S., C.N.](#) contributed this recipe. I love to watch Jennifer work with food because she loves to use her hands. She touches and loves food into magnificent flavor and tenderness. Jennifer likes to make a bunch of this salad at once to ensure that she have dark leafy greens ready when busy days are ahead. It tastes better as the days go by.

- 1 LARGE bunch kale**
- 1 teaspoon sea salt**
- 1/3 cup [sunflower seeds](#), toasted (or [Sweet Glazed Nuts](#))**
- 1/4 cup diced red onion**
- 1/3 cup currants**
- 3/4 cup diced [apple](#), (1/2 apple)**
- 1/4 cup olive oil**
- 2 tablespoons unfiltered apple cider vinegar**
- 1/3 cup [gorgonzola](#) cheese, crumbled**

1. Be sure to choose a large bunch of kale (or two small ones) or the salad will be overly salty and over-dressed. By large, I mean 16-20 leaves that are at least 12" long.
2. De-stem kale by pulling leaf away from the stem. Wash leaves. Spin or pat dry.
3. Stack leaves, rollup and cut into thin ribbons (chiffonade).
4. Put kale in a large mixing bowl. Add salt, massage salt into kale with your hands for 2 whole minutes. The volume of the kale should reduce by about 1/3.
5. To toast seeds, put in a dry skillet over low to medium heat and stir constantly for a few minutes until they change color and give off a nutty aroma.
6. Put kale in a fresh bowl and discard any leftover liquid.
7. Stir onion, currants, apple and toasted seeds into kale.
8. Dress with oil and vinegar and toss. Taste for salt and vinegar, adding more if necessary. When at desired flavor, toss in cheese.

Preparation time 15 minutes

Makes 6 servings