

# Massaged Kale Salad

## Ingredients:

2 bunches kale  
1/2 cup freshly grated parmesan cheese  
1/3 cup extra-virgin olive oil  
1/4 cup lemon juice  
3 large cloves garlic, minced  
1 tablespoon reduced-sodium soy sauce  
1 minced anchovy fillet or 1/2 teaspoon anchovy paste (optional)  
1/2 teaspoon freshly ground pepper  
1/4 teaspoon salt

## Directions:

Strip leaves from the stems (discard stems). Wash and dry the leaves. Tear the leaves into small pieces and place in a large bowl. Add parmesan, oil, lemon juice, garlic, soy sauce, anchovy (if using), pepper and salt. With clean hands, firmly massage and crush the greens to work in the flavoring. Stop when the volume of greens is reduced by about half. The green should look a little darker and somewhat shiny. Taste and adjust seasoning with more parmesan, lemon juice, garlic, soy sauce and /or pepper, if desired.

*From Eating Well: September/October 2012*