



VIBRANT HEALTH INTEGRATIVE NUTRITION

Kale Fennel Salad with a Creamy Vinaigrette

6-8 servings

YOU WILL NEED

FOR THE SALAD:

- * 2 bunches lacinato kale (also known as black, Tuscan, or dinosaur kale)
- * the juice of 1 lemon, divided
- * 1/2 tsp sea salt or Himalayan salt
- * 1 tbsp extra virgin olive oil

- * 1 large or 2 medium fennel bulbs (remove the core and tough outer layer); thinly sliced
- * 3 tbsp chopped, fresh dill
- * mandarin orange sections from 2-3 fresh mandarin oranges, or from an 8 ounce can (drained)
- * 6 tbsp roasted, shelled pistachios; 3 tbsp roughly chopped, 3 tbsp whole

FOR THE VINAIGRETTE:

- * 3 tbsp extra virgin olive oil
- * the juice of 1/2 lemon
- * 2 tbsp non-dairy Greek yogurt (or creme fraiche, for the dairy lovers)
- * 1 tbsp champagne vinegar (or white wine or rice wine vinegar)
- * 1 tbsp minced shallots
- * 2 tsp dijon mustard
- * salt and pepper, to taste

INSTRUCTIONS

PREPPING THE KALE:

- * Remove the stems by gripping the bottom of the stem with one hand and use the other hand to rip the leaves away.
- * Chop the leaves into 1/4 to 1/2 inch strips; wash and spin dry.
- * Place the kale in a very large bowl. Pour the juice of 1/2 lemon and olive oil over the kale, and sprinkle 1/2 tsp salt.



THIS HEARTY SALAD WILL LAST FOR AT LEAST A FEW DAYS IN THE REFRIGERATOR. IT ACTUALLY GETS BETTER WITH TIME, AND IS A GREAT "MAKE AHEAD" FOR A PARTY OR UPCOMING MEALS.



MASSAGING THE KALE:

- * Toss the kale with the lemon juice, olive oil, and salt. Using your hands, massage the kale for 3 to 5 minutes, working the mixture well with your fingers. You will feel the kale softening, and smell the aroma of earthy, green goodness. The large bowl of kale will shrink down, almost by half, as you massage and soften the chopped leaves.

PREPARING THE VINAIGRETTE:

- * In a small bowl, whisk together the vinaigrette ingredients. Alternatively, put all ingredients into a jar with a tight-fitting jar and shake well.

PUTTING THE SALAD TOGETHER:

- * Add sliced fennel, dill, and 3 tbsp chopped pistachios to the bowl of massaged kale.
- * Toss with salad tongs.
- * Pour half the vinaigrette over the salad. Toss well, and add more vinaigrette, as desired.
- * Sprinkle 3 tbsp of whole pistachios and mandarin orange slices over the salad, and give the salad a final toss.
- * Finish with sprinkle of salt and a grind of pepper, to taste.

ENJOY!

