

## **Kale and Garlic Scape Salad**

1 large bunch kale  
10-12 large curly-leaf kale stalks  
10-15 garlic scapes  
1/3 cup extra virgin olive oil  
1 shredded carrot (optional)  
2 tomatoes, seeded and finely chopped (optional)  
1 cucumber, peeled and finely chopped (optional)  
¼ tsp salt, to taste  
1/3 cup salad dressing such as low-fat Italian or balsamic vinegar

Wash kale then strip the leaves from stems, reserving the stems. Cut the garlic scapes in one inch pieces. Place in food processor and process with steel blade until finely chopped. (The next step is optional, but the stems have a lot of fiber and once processed are very easy to chew.) Cut the kale stems in one-inch pieces. Place in food processor and process with steel blade until finely chopped.

Take the stripped-off kale leaves and roll into a “cigar”. You may have to do this several times, depending on how much kale you have. Take a sharp knife and very finely chiffonade the kale. (Chiffonade is a cooking technique in which herbs or leafy green vegetables are cut into long, thin strips. This is generally accomplished by stacking leaves, rolling them tightly, then cutting across the rolled leaves with a sharp knife, producing fine ribbons.) Make sure the kale is very finely chopped.

Put the chopped kale, processed scapes, stems, and salt in a large bowl and add the olive oil. Roughly “massage” the kale for several minutes until the volume has reduced by half and ingredients are thoroughly mixed and coated. Add the salad dressing, mix and taste, adjusting the seasoning as necessary. At this point add the optional ingredients, as well as any others that might add to the appearance, flavor and nutritional value.