

Roasted Garlic Kale Salad



Makes 4 servings

Total time: 30 minutes

Ingredients

1 bunch of kale, washed, dried and chopped

2 bulbs of garlic, peeled

5 tablespoons olive oil

2 teaspoons sea salt

1 teaspoon black pepper

Preparation

Preheat oven to 350 degrees. Place garlic in a garlic roaster or covered oven safe dish with 1 tablespoon olive oil. Roast for 20 minutes or until garlic is lightly browned, and not translucent. If you overcook it, the garlic will turn brown and crispy, and cannot be used for this recipe. When lightly browned, remove from oven and mash with a fork. Place prepared kale (be sure it is well dried) in a large mixing bowl.

Add crushed roasted garlic, olive oil, sea salt and black pepper. Now for the fun part; wash and dry your hands well, then massage the garlic, olive oil, salt and pepper into the kale. This will take a few minutes. Continue massaging until all the kale pieces are well coated. You will have a lot of garlic on your hands. I scrap the garlic off and put it back onto the kale and lick off the rest.

By Pauline Maddox, AGNP, RN