

Simple Kale Salad

Ingredients

1 Tbsp fresh lemon juice
2 Tbsp minced shallots
¼ tsp kosher salt
2 Tbsp extra-virgin olive oil
½ # baby kale or regular kale with ribs removed
¼ cup shredded Parmesan cheese
Freshly ground black pepper to taste.

This is one of the few salads you can make hours ahead of time. It gets better as the flavors meld and the kale softens in the dressing. And don't be stingy with the black pepper. You'll be amazed at the extra flavor pop it delivers.

In a large bowl, whisk together the lemon juice, shallot, salt and oil. Toss the kale in the dressing with the Parmesan cheese and season with plenty of black pepper. (If you can't find baby kale, you can use Tuscan kale.) Before tossing with the dressing, remove and discard the large, center stems. Then, working in batches of about 8 leaves, stack the leaves and cut them crosswise into thin strips.

Serves four