

Kale Salad with Dates, Parmesan and Almonds

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Ingredients

Juice of 1/2 lemon
1/2 shallot, chopped
1 teaspoon honey
1/2 teaspoon kosher salt
1/4 teaspoon red pepper flakes
2 bunches kale, stems removed, leaves shredded or finely chopped
2 tablespoons extra-virgin olive oil
1/3 cup sliced almonds
8 dates, pitted and chopped
2 1/2 ounces Parmesan, shaved with a peeler

Preparation

In a bowl, whisk juice, shallot, honey, salt and pepper flakes. Add kale; toss well. Let sit 20 minutes. Mix in oil. Refrigerate for up to 1 day, or serve immediately. In a dry pan, toast almonds over medium heat, tossing constantly, until color deepens, 1 to 2 minutes. Add almonds, dates and Parmesan to kale; serve.