

Kale Salad

From KATHRYN LASUSA YEOMANS, [Sage Culinary Advice](#)

Ingredients

Bunch Italian kale (also known as dinosaur, black or lacinato)

Fresh lemon juice and zest

Olive oil

Sea salt

Freshly ground pepper

Pinch of chopped hot pepper or red chili flake (optional)

Pecorino Romano cheese

Croutons

Preparation

De-stem the leaves. Wash greens in cold water and drain thoroughly (a salad spinner works well). Shred or chiffonade (roll the leaves together and then cut into ribbons) the kale. Toss with a dressing of fresh lemon juice, a little lemon zest, extra virgin olive oil, fleur de sel (sea salt) and freshly ground pepper (add red pepper if using). Grate in some Pecorino Romano cheese and add a few croutons fried in butter. Toss together and plate, topping with more cheese if you'd like.