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Dish Type

Kale Salad with Grilled Artichokes

Ingredients

Serves: 5

- 2 bunches kale, rinsed well and patted dry
- 4 Grilled Artichokes (recipe follows), each cut lengthwise into 8 equal pieces
- 4 tablespoons golden raisins, plumped in hot water to cover for 10 minutes, drained
- 4 tablespoons pine nuts, toasted in a 300°F oven until golden, about 15 minutes
- 6 tablespoons tablespoons Lemon Vinaigrette (recipe follows)
- salt
- Freshly ground black pepper

Grilled Artichokes

- 4 large fresh artichokes
- 2 lemons, halved
- 2 cups dry white wine
- 2 cups pure water
- 1 bay leaf
- 1 fresh thyme
- extra-virgin olive oil
- salt
- Freshly ground black pepper

Lemon Vinaigrette

- 4 lemons, halved and juiced
- 1 teaspoon sugar
- 1 teaspoon Dijon mustard
- 1 shallot, minced
- 3/4 cup extra-virgin olive oil
- salt
- Freshly ground black pepper

METHOD

1. With a sharp knife, cut the kale

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RATING: ★★★★★

About this Recipe

Kale salads are enjoying tremendous popularity right now, and with good reason. The beautiful, dark-green, crinkled leaves not only have a deliciously robust flavor and texture but are also incredibly healthful, rich in Vitamins A, C, and K as well as offering good amounts of calcium, iron, and other nutrients. And kale goes so well with other ingredients, as this recipe demonstrates. But if you don't want to go to the extra work of cooking and grilling the artichokes for the salad (a task made easier by using a pressure cooker), you can serve the leaves just with the raisins, pine nuts, and Lemon Vinaigrette.

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