

Kale Salad with Filberts & Warm Olive Oil, Smoked Paprika, Meyer Lemon dressing

Ingredients

- 1/2 bunch lacinato kale
- 1/2 bunch romaine lettuce
- 3/4 cup filberts aka hazelnuts
- 2 Tablespoons extra virgin olive oil
- 3/4 teaspoon smoked paprika, or to taste
- 1/2 teaspoon sea salt, or to taste
- 2 Tablespoons Meyer lemon juice

Method

Toast filberts at 350F for about 10 minutes, just until they begin to smell delicious. Remove from oven and set aside in a warm place.

Remove the mid-stems from kale with a sharp knife. Wash and spin dry the kale and lettuce leaves.

Lay the kale leaves closely together and cut crosswise into fine ribbons. Place into medium bowl. Add olive oil and salt to kale and, with clean hands, massage the greens, oil and salt together for a few minutes until kale softens and turns even darker green.

Tear lettuce leaves into bite size pieces and add to the bowl of massaged kale.

Warm olive oil in a small pan over low heat. Once well warmed, add smoked paprika and let sit for 3-4 minutes on low heat. Pour over the kale and lettuce leaves, toss. Chop filberts and serve on top of salad.

Source: Mary Scott (4 servings)
