

Kale and White Bean Summer Surprise

Pick up some red kale for this gobsmackingly good summer salad. I suggest red kale for this recipe but any kale will work.

Every bite of this salad is a surprise of flavor and texture. Your tastebuds will get hits of mint, basil, coconut, fresh pineapple, toasted sliced almonds and dried sour cherries. It's tossed with the finely chopped kale and white beans. What a treat!

Here's a meal to linger over with your favorite beverage as you and your friends solve world problems.

Preparation time: 40 minutes - Servings: 4

Organize Your Ingredients!

Notes on Organizing

Make the salad early and let it rest for at least an hour.
Prep and organize ingredients so they are ready to add as you follow the recipe.

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1 or 2 bunches Russian kale - 5 C. chopped kale leaves (washed, stems removed)

3/4 C. green onions (thin-sliced)

1-1/2 C. carrot (grated)

2 T. fresh mint leaves (chopped)

1/4 C. fresh basil (chopped)

3/4 C. fresh pineapple (chopped)

1/2 C. coconut (toasted)

1/3 C. dried sour cherries

one 15 oz. can Great Northern beans (drained and rinsed)

1/3 C. sliced almonds (toasted)

3 Roma tomatoes (chopped)

2 T. shredded Parmesan cheese

Dressing for Salad

1 clove garlic (smashed and chopped)

3 T. olive oil

1 tsp. honey

1 tsp. prepared mustard

3 T. lemon juice

1/2 tsp. grated fresh ginger

3 T. low-sodium vegetable broth

1/2 tsp. low-sodium soy sauce or tamari

Additional Items

1 baguette or loaf of artisan bread

4 kiwis (1 per diner - halved)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Make this salad early in the day. Once assembled and dressed, it will hold.

Dressing for Salad

Combine all dressing ingredients in a food processor and blend until smooth. Set aside.

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1. I usually chop the kale leaves in the food processor. This salad calls for the kale to be chopped into small pieces - finely chopped, not puréed.
2. Place chopped kale and all other salad ingredients (except beans, almonds, tomatoes and Parmesan) in a large bowl.
3. Toss above mixture with dressing.
4. Gently fold in beans.
5. Cover and chill.

Plate

1. About 15 minutes before dining, wrap bread in foil and heat in a 250° oven.
2. Spoon 2 -1/2 C. salad onto each dinner plate.
3. Just before serving, sprinkle almonds, tomatoes and Parmesan over the top of the salad.
4. Serve warmed bread on the side.
5. Finish with kiwis. Place halved kiwis on plates and allow diners to scoop the flesh with a spoon.

What I've Learned from this Recipe

Dark greens like kale do well with a little time to rest after being dressed. The oil and salt in the dressing will tenderize the robust leaves.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com