



Tuscan Kale Salad

serves 2

- 1 bunch extremely fresh Tuscan kale (aka cavolo nero or dinosaur kale)
- 1/3 cup pine nuts, toasted and chopped (substitute walnuts if desired)
- 1/2 cup finely grated Parmigiano Reggiano
- Anchovy Dressing
- Croutons
- For the dressing:
 - juice of 1 lemon (about 2 tablespoons)
 - 1/4 teaspoon dijon mustard
 - 1 teaspoon anchovy paste, or 3 oil-cured anchovies very finely chopped
 - 1 large clove garlic, peeled and smashed
 - olive oil

Whisk together lemon, mustard, anchovy and garlic. Whisk in enough olive oil to emulsify. Add freshly ground black pepper, stir, and taste. Add salt if needed.

For the croutons:

Brush 4 thin slices of rustic country bread with a little olive oil on both sides and fry in a hot skillet until nicely browned and crunchy. Set aside.

For the salad:

Remove large ribs from kale and discard. (Or compost!) Break kale into large-bite-size pieces and place in a large salad bowl.

Remove and discard garlic clove from dressing. Toss kale with dressing. Add nuts and cheese and toss again. Serve salad with croutons.