

## **Kale Pepita Cranberry Salad**

<http://userealbutter.com/2011/10/16/kale-pepita-cranberry-salad-recipe/>  
from [\*Gluten-Free Girl and the Chef\*](#)

1 large bunch of dinosaur kale (also known as Tuscan or Lacinato kale), washed  
1 lemon, zest and juice of  
1/2 tsp fish sauce  
1/4 cup extra-virgin olive oil  
salt and pepper  
1/3 cup dried cranberries  
1/4 cup roasted pepitas (pumpkin seeds)  
1/4 cup grated Pecorino cheese

Trim the leaves from the fibrous stems of the kale. Discard (compost) the stems. Roll the leaves up like a cigar and cut into 1/2-inch wide strips. Place the kale in a large bowl. In a small bowl, combine the lemon juice, lemon zest, and fish sauce with a whisk. While whisking, slowly drizzle the olive oil into the dressing to make a nice emulsion. Season with salt and pepper to taste. Place the cranberries and pepitas in the bowl with the kale. Pour half of the dressing over the kale and mix it with your hands. Add more dressing as needed. I actually like to let the kale salad sit for an hour or two before serving so that the leaves are more tender. Grate cheese over the salad to finish. Serves 4-6.