

Shredded Kale Salad

<http://userealbutter.com/2013/01/10/shredded-kale-salad-recipe/>
inspired by [Oak](#) (original recipe is [here](#))

1 bunch (about 8 oz.) kale, curly or whatever kind you like
1 orange, juice of (or use the juice of 1 lemon as in the original recipe)
1 tbsp red wine vinegar (omit if using lemon juice instead of orange juice)
2 pinches of salt
1/4 cup olive oil
1 large apple, sliced thin (I used pink lady, but pick one that is sweet, tart, and crisp)
candied almonds (I used seasoned almonds)
1/2 cup Parmesan cheese, grated (optional – I omitted this)
togarashi (Japanese chili pepper seasoning)

Wash the kale and strip the leaves from the ribs using a pairing knife. If using baby kale, skip stripping the leaves from the ribs (that would be crazy tedious). Stack the leaves and roll them into a tight bundle. Using a sharp knife, shred the kale by thinly slicing the roll of leaves. Place the shredded kale in a large bowl and set aside. In a smaller bowl, combine the orange juice, red wine vinegar, and salt. Pour the olive oil into the orange juice mixture in a steady, thin stream while whisking vigorously to incorporate the oil. Pour the dressing over the kale and toss. If using lemon juice, just add the lemon and olive oil to the large bowl and toss. Add the apple slices, almonds, and Parmesan (if using) to the bowl of kale and toss together. Season with togarashi to taste. Serves 4.