

Roasted Peanut Kale Salad

Kale is frequently praised as a superfood for good reason. It delivers about half of our daily vitamin A and folate needs, and fulfills all our vitamin C requirements. Kale also has high levels of lutein, an essential antioxidant for maintaining healthy eyesight. Consider pairing this salad with soup, salmon, or a lean meat alternative for a well-rounded meal. You can even make a double batch to take for lunch for a few days.

Ingredients

Kale Crunch Salad:

- 4 large stalks kale, stems removed
- half a head of green cabbage
- 2 small peppers, sliced
- 1 cup peanuts, chopped
- 1/2 cup chopped cilantro
- 1/2 cup chopped green onions

Roasted Peanut Vinaigrette:

- 1/2 cup roasted peanut oil
- 2 tablespoons rice vinegar
- 1 clove garlic
- 1 tablespoon sugar
- 1 teaspoon coarse kosher salt (more to taste)
- freshly ground black pepper

Directions

1. Prep the Salad: Chop the cilantro, green onions, peanuts, and peppers and place in a big salad bowl.
2. Chop the kale and cabbage: Using a food processor, pulse the kale and cabbage in batches until it is very finely chopped, stopping before the greens get too mushy. If they release too much water, just give them a gentle squeeze with a paper towel. Transfer to a large bowl.
3. Make the vinaigrette: Blend all ingredients for the vinaigrette in a small blender or food processor until smooth. (This is mostly to incorporate the garlic, so if you'd rather, you can grate the garlic into the jar with the other ingredients and shake thoroughly to combine.)

Mix and Serve: Toss your kale and cabbage with some of the dressing; massage it together with your hands for a minute to make sure the kale is tender. Add peanuts, peppers, and the rest of the dressing.

