



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

MASSAGED KALE SALAD WITH EMMER, APPLE, & RADISH

Recipe by Natural Gourmet Institute

SERVES 6-8

Ingredients:

1 gallon water
1 teaspoon sea salt
2 sprigs fresh rosemary*
1 cup whole grain emmer berries*

1 bunch lacinato kale, stemmed, and thinly sliced into ribbons*
2 ounces raddichio, thinly sliced into ribbons*
Pinch sea salt
1 apple (Cortland, Gala, or Johnathan), peeled and finely diced*
1 small carrot, peeled and cut into matchsticks*
1 rib celery, thinly sliced*
1 bunch radishes, cut into matchsticks*
2 scallions, thinly sliced*

For the Vinaigrette:

½ cup white balsamic vinegar
3 tablespoons local honey*
1 tablespoon Dijon mustard
1 teaspoon sea salt
Pinch black pepper
¾ cup extra virgin olive oil

4 ounces manchego, thinly sliced*

Directions:

1. Combine water, sea salt, and rosemary in a large pot. Bring to a boil.
2. Meanwhile, in a large skillet, toast emmer until warm and nutty, about 7 minutes. Add emmer to boiling water. Cook at a rapid boil for 20-30 minutes, until grain is tender. Drain and let cool, discarding cooking water and rosemary sprig.
3. In a bowl, massage kale and raddichio with a pinch of sea salt. Once tender, toss in emmer, apple, carrot, celery, radishes, and scallions.
4. In a small bowl or jar, whisk together vinaigrette ingredients.
5. Evenly coat salad with vinaigrette. Garnish with manchego and serve.
6. **Make It A Meal: Serve with hardboiled eggs for lunch, or roasted mackerel for dinner.**

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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