Clinton County Eats:
Local Food in the North Country

Raw Kale Salad

This is a very simple salad that is easy to modify to your liking. Raw kale can be “chewy”; massaging the kale with the dressing or allowing the salad to sit for a few hours or overnight will help the kale become tender.

Ingredients:

Dressing

- ½ cup of lemon juice
- 1 tbsp of olive oil
- 1-2 tsp of honey or maple syrup

Salad

- 1 bunch of kale, rinsed, dried, and torn or chopped into bite sized pieces (about 5 cups)
- ½ to 1 cup of finely chopped or grated carrots
- ½ cup of craisins

Ideas for modifying:

- Try using chopped strawberries or whole blueberries or raspberries in place of the craisins if available.
- Add other fresh vegetables, such as diced peppers, cucumbers or tomatoes for a different flavor.
- Add toasted nuts, chick peas or other legumes, or cooked meat to add protein to this dish.