



Taste and Savor

## 1 Quick Recipe:

### CRUNCHY

### Kale Coleslaw

#### The Salad

15-20 \*Kale Leaves, (about one small bunch – de-stemmed)

1 Tsp Sea Salt

2 - 3 Cups Halved or Quartered Grape Tomatoes

1/2 Head of Napa Cabbage, Shredded

3 Carrots, Grated

Toasted Sesame Seeds for Garnish

#### The Dressing

2 TB Extra Virgin Olive Oil

1 TB Freshly Squeezed Lemon Juice

1/2 Tsp Low Salt Soy Sauce, Tamari or Bragg's Amino Acids

1 Tsp Honey

1 Clove Garlic, Grated

1 Tsp Dijon Mustard

Salt and Pepper to Taste

**Step One** To chiffonade the kale, stack the leaves and roll them into cylinders. Cut 1/4 slices off the cylinders – resulting in thin ribbons of kale. Place the kale into a salad bowl and massage a Tsp of salt into the kale with your clean hands. Set aside while you make the dressing.

**Step Two** Add the dressing ingredi-

## 4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



ents to a jar and shake well. TASTE for salt and pepper - or more lemon juice. Add as appropriate.

**Step Three** Add the tomatoes, cabbage and carrots to the bowl with the kale, toss with the dressing and garnish with the toasted sesame seeds.

## 2 Kitchen Scoop

Soy Sauce, Tamari and Bragg's Amino Acids all add an "asian" flavor that is deep and rich to any dish. All three are made with soybeans, tamari is gluten-free and Bragg's are vegan and gluten-free. If you are allergic to soybeans, try Coconut

Aminos. You can find them in the international section of larger grocery stores.

## 3 Clever Idea

This salad tastes crisp and crunchy when served up immediately. If you'd like to make it earlier or a day ahead, just skip the step about massaging the kale with salt. The kale will get soft when you put it in the fridge earlier in the day or overnight.

## 4 Cheers!

### Bogle Sauvignon Blanc

San Luis Obispo, Lake County and Oakley Vineyards  
Publix, Kroger about \$10.00

This California Sauvignon Blanc doesn't have the SUPER acidity of a New Zealand kiwi, but its zingy green and citrusy flavors paired with a refreshing fruit-forward clean finish make it a great casual dinner partner. This wine is made with a tiny bit of a grape you might not be familiar with - Semillon (3%). Its the traditional grape pair with Sauvignon Blanc in its home of Bordeaux in France. Its a go-to for my wine tastings because its so easy to find in grocery stores, and a delicious pairing with shellfish, goat cheese and greens like this slaw.