



ASPARAGUS & STRAWBERRY KALE SALAD WITH BASIL & FETA

Recipe by Natural Gourmet Institute

SERVES 6-8

For the Salad:

- 1 bunch lacinato kale*
- ¼ teaspoon sea salt
- 1 tablespoon extra virgin olive oil
- 1 pound asparagus*, thinly sliced diagonally
- 1 pint strawberries*, large diced
- ¼ cup basil*, sliced into thin ribbons
- 6 ounces feta cheese*, crumbled

For the Vinaigrette:

- 2 tablespoons white balsamic vinegar
- 1 tablespoon local honey*
- 1 teaspoon Dijon mustard
- 1 shallot*, minced
- ½ teaspoon sea salt
- Pinch black pepper
- ¼ cup extra virgin olive oil

Directions:

1. De-stem the kale and cut the leaves into small pieces. Transfer to a bowl with the salt and olive oil. Massage kale until leaves become tender and start to release juices.
2. In a small bowl, whisk together white balsamic, honey, mustard, shallot, sea salt, and pepper. Slowly stream in olive oil while continuing to whisk.
3. Add asparagus, strawberries, basil, and feta to the kale. Toss with the vinaigrette and serve.

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

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