

The True Food Marinated Kale & Salmon Salad

By: True Food
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I love the True Food restaurants. The quality is fabulous, the décor is appealing, and the food! There's nary a thing on the menu that doesn't rain down sunshine and happiness upon your tastebuds. If you go, get this salad and the flourless chocolate cake for dessert. You will be happy for days! Please read the notes for this one and the most important note of all: This salad needs to marinate for 6-8 hours or overnight in the fridge. Now, let's get to it.

Ingredients:

2 bunches of kale (approx. 14 oz.) leaves removed, washed, and chopped into shreds
½ cup extra-virgin olive oil
¼ cup freshly squeezed lemon juice
3 garlic cloves, minced
½ tsp. kosher salt
Pinch of red pepper flakes
½ cup finely grated Grana Padano or Parmigiano-Reggiano cheese
2 tbs. of whole wheat toasted bread crumbs
2 6 oz. salmon filets

Directions:

1. Make the salad dressing: Combine the olive oil, lemon juice, garlic, salt, and red pepper flakes in a bowl and whisk together.
2. Add the shredded kale, toss well, and massage gently until the kale begins to soften.
3. Marinate the kale salad on the countertop for at least 1 hour but preferably 6 or overnight in the refrigerator.
4. When you're ready to serve, preheat your oven to 400 degrees and, prep your salmon for roasting with olive oil, salt, and pepper, and roast for 20 mins or until done (145 degrees).
5. To serve, toss the marinated kale with the grated cheese and bread crumbs, plate the salad with the salmon on top, and sprinkle more cheese if you like.

Notes:

- Use real lemon juice. I have tried the bottled shortcuts to complete dismay. It's just not worth it.
- Use your best olive oil. The stuff you bring out for company. The olive oil you would dip your best bread in.
- Plan ahead so you can marinate your kale for at least 6 hours.
- Make extra dressing and pour it over your salmon to bake. Delish!
- Leftover kale will keep in the refrigerator quite nicely for 1-2 days.
- This makes a fast weeknight dinner that's healthy and tasty. If you make extra kale and dressing, you can have it twice, and your week will be even healthier and easier!