

---

# Summer Grilled Kale Salad

## Description

Summer is the time of year when most families venture into their backyards and cook outdoors on their barbeque. In the Islands, we're lucky enough to have this fantastic cooking method available to us year round! This salad combines crispy/chewy grilled kale with fresh kale leaves and tops it off with a fresh lemony, briny dressing and home-made sour dough croutons. The flavors are amazing and will convince even a "kale hater" to give it a try. If you're not grilling, you can also use your oven on "broil" setting with similar results.

Total time: 20 min Yield: 6 Servings

## Ingredients

1 1/2 cup sour dough bread (diced)  
extra virgin olive oil  
1/2 tsp dried Italian seasoning  
garlic salt  
fresh ground black pepper  
2 oz anchovies in olive oil  
1 lemon (juiced)  
2 Tbsp Dijon mustard  
2 Tbsp capers (optional)  
2 bunch kale  
parmesan cheese (grated)

Prep Time: 20 min Total Time: 20 min

## Instructions

To make the croutons, preheat your oven to 400° F or use a toaster oven. Toss the diced bread in olive oil (enough to coat), Italian seasoning and season with garlic salt and pepper. Lay on a baking sheet and place in the oven for 8 minutes or until golden brown and crunchy. Set aside.

To prepare the dressing, pour all of the contents of the anchovy tin into a small bowl and mash with a fork until pulverized. Add in the lemon juice, dijon mustard, ¼ cup olive oil and capers and whisk together. Season to taste with garlic salt and pepper.

Wash your kale thoroughly, then separate into two piles. The kale that will be grilled needs only a partial trim of the tough spine, then a quick toss in olive oil with a bit of salt and pepper to taste. Quickly grill the kale just a few minutes on each side until the outer leaves are crispy and the spine portion is cooked to a chewy tenderness. Put aside the grilled kale and cool to room temperature.

---

Trim the whole spine off the remaining raw kale portion and slice cross wise into strips and place in a salad bowl. Slice and add in the cooked kale, drizzle on the dressing and toss. Finish the salad with a topping of fresh baked croutons and fresh grated parmesan cheese.

**Recipe brought to you by:**

Chef Michi Holland

**Source:**

Chef Michi Watarai