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Kale Salad

with Roquefort and Couscous

Your friends and family will shout, "Encore" after you serve this fresh Kale entrée salad that owes its texture to the addition of Couscous. Crumbled Roquefort cheese sparks the ingredients and ignites the taste buds.

Amy

1 head of Kale, chopped or shredded
2-3 oz. of Roquefort cheese, crumbled
1 cup of cooked Couscous
Cherry tomatoes (I used an heirloom variety)
Lemon juice from ½ to 1 lemon
Olive oil
Kosher sea salt
Fresh ground pepper

1. If not already prepared, cook Couscous to package recommendations. In a saucepan, add some olive oil and quickly simmer the Couscous till it browns lightly and gains crispiness, set aside.
2. In a small bowl prepare a light lemon dressing of lemon juice, olive oil (I used about ¼ cup), and a few sprinkles of Kosher sea salt and fresh ground pepper, set aside.
3. In a large bowl place kale, toss with dressing until the leaves are lightly coated. Add Roquefort cheese crumbles and Couscous. Toss. Then place tomatoes around top of salad for a pretty plated look.

Note:

I love baby Kale. I have used a full head of Kale in this recipe. This saves cost and the strong flavor is offset with the addition of Lemon juice, Olive oil, salt and Roquefort cheese to the salad.