

Kale Panzanella



INGREDIENTS

- 2 c chopped kale
- 1/4 c fennel, thinly sliced
- 1/2 c white beans, drained & rinsed
- 1.5 c stale bread (ciabatta or similar), cubed
- 1/4 snap peas, sliced
- 1/4 c feta cheese, crumbled
- toasted pine nuts (optional)
- 3 tbsp evoo
- 1 lemon (juice + zest)
- 1 tsp dijon mustard
- red pepper flakes
- sea salt & pepper

INSTRUCTIONS

1. In a small bowl whisk together evoo, mustard, lemon juice + zest, pinch of red pepper flakes. Season with salt and pepper to taste.
2. In a large bowl, mix the kale and fennel. Pour in some of the dressing, and season with salt. Using your hands massage everything together until the kale slightly breaks down and becomes tender. Add the white beans and let everything marinate for 15 minutes.
3. Add snap peas, feta, bread, pine nuts and the remaining dressing. Taste and adjust seasoning to your liking. Let the salad sit at room temp for 20 minutes before serving.