



I love the Co-op



My co-op looks like a living market, it smells like fresh fruit and grain bins, and has sounds like the peanut grinding machine, and world music. I love being a member of the Sno-Isle Natural Foods Cooperative in Everett, WA, because they have the best people, the best kale salad in their deli, and the biggest bunches of kale I've ever seen.



Co-op Salad

1 Chop or tear kale

After washing, remove stems and drain leaves in a salad spinner.

Kale 1-2 bunches,
leaves and stems
removed

2 Mix dressing

In a salad dressing jar, or storable container, add olive oil, vinegar, mustard, oregano, basil and minced garlic. Mix well.

My co-op serves this with green curly kale, I diverge and mix purple and Lacinato kale.

Dressing

Olive oil 3/4 cup
Balsamic vinegar
1/4 cup

Or, blend dressing ingredients in a food processor.

Oregano 1 teaspoon
Basil 1 teaspoon
Dijon or yellow mustard
1 Tablespoon

Oregano and basil can be substituted with an Italian seasoning spice mixture.

Garlic 1 clove,
minced

3 Top and toss

Re-hydrate tomatoes in hot water for a few minutes, drain, and add to kale with mushroom and dressing. Toss well. Think cooperative thoughts.

Topping

Mushrooms
1/2 cup, sliced
Sun-dried tomato
1/2 cup, pieces

10-12 servings