

Lomi Lomi Kale

(Lilikoi's Version) 2011

Basic Ingredients:

1. Organic Kale (Curly or Dinosaur "Lacinato Hybrid")
2. Juice of fresh Lime or Lemon
3. 1 clove garlic or more to your desired palate
4. minced red onion or you choice of any type of onion
5. Extra Virgin Olive Oil "EVO"
6. Bragg's liquid Aminos
7. Balsamic Vinegar of your choice
8. Salt (optional)
9. Ground or Fresh Pepper (optional)
10. Veggies of your choosing

Lilikoi's Basic Ingredients:

1. All of the above ingredients (I use a variety of Balsamics, including white, blackberry, pomegranite, and ginger pear). Also may add a touch of roasted sesame olive oil. You can use whatever you have on hand.
2. Grape Tomatoes (sliced)
3. Japanese or English variety of Cucumbers (large dice)
4. Baby Organic Carrots (sliced)
5. Sweet Baby Bell Peppers (sliced) "orange, red, yellow"
6. Sautéed Mushrooms (in olive oil not butter)
7. Creamy Feta or Goat Cheese works well too

Directions:

1. Remove Kale leaves from spine
2. Wash & Spin Dry
3. Sauté Mushrooms in EVO (here you can salt & pepper them and add more garlic if you wish.
4. Slice/Chop into ribbons - about 1/4 - 1/2 inch, however you like it
5. add carrots, cucumbers, sweet baby bells, garlic, & onions
6. Drench with juice of whole , fresh lime or lemon
7. To taste: Drizzle EVO, Bragg's Liquid Aminos, Balsamics
8. Massage the Kale Mix until all ingredients are incorporated evenly
9. You can now lightly toss in your tomatoes, sautéed mushrooms, & feta or goat cheese.
10. Because I LOVE sautéed Mushrooms, I always add this ingredient if I have it.
11. Serve immediately or Chill for later (this will keep in your refrigerator for at least 3 or ore days but my batch always last no more than 2 days before it's devoured!

* Use your imagination and add whatever you want to the final recipe. I have tossed in sautéed prawns, served it with leftover chicken, quinoa, hard boiled eggs, or Alaskan salmon. If you are allergic to vinegar, use lime or lemon juice only. Experiment and have fun. Try using fresh Lilikoi juice. Always best to use a high quality stainless steel knife as you'll avoid browned edges for any leafy green.

Other Variations: Okinawan Sweet Potato, Tofu, Butternut Squash. Nuts of all kinds ... I have used roasted pepitas (pumpkin seeds), cashews, roasted macadamia nuts, and pine nuts. Toss in some fresh basil or any herbs you like. Green onions and fresh dill can add a nice twist. It can be a side dish or a whole meal. The possibilities are endless. Enjoy!