

## Send Us Your Recipes!

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# Cooking with the Club

with Chef Robert Larios



## WINTER HOLIDAY KALE SALAD

Here's the final salad recipe for the year, and it ends with a family favorite called the Winter Holiday Kale Salad. Kale has seen limited uses in American cuisine, but this salad will do wonders for dinners this winter.

It has all the festive colors that most of us are familiar with, and has the kind of flavors that even the meat-and-potatoes relative will enjoy. The recipe begins with a buttermilk salad dressing that is very delicious yet so simple. It can even be used in sandwiches and wraps. Just think how well it would go with a leftover turkey or ham sandwich.

This salad can be used as a starter meal or it can be turned into a main course by adding chicken, turkey or salmon.

### Winter Holiday Kale Salad

Serves 2 to 4

#### INGREDIENTS:

##### Buttermilk Salad Dressing

- 3 tablespoons rice wine vinegar
- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1/3 cup buttermilk
- Salt and pepper to taste

##### Salad

- 3 cups cut kale
- 1/3 cup slivered or sliced almonds
- 1 granny apple, cubed
- 1/3 cup dried cranberries
- 1/3 cup halved green beans

#### Cooking TIDBIT

You may substitute several ingredients if you don't have the others listed above:

- Sour cream – plain Greek yogurt
- Rice wine vinegar – lemon juice

#### [ A Cook's Dictionary ]



#### Kale:

*Kale or borecole is a form of cabbage with green or purple leaves, in which the central leaves do not form a head. It is considered to be closer to wild cabbage than most domesticated forms.*

Courtesy wikipedia.com

#### Directions for Buttermilk Dressing:



1

Place the ingredients in a whisking bowl and mix mayonnaise, sour cream, buttermilk and salt and pepper until ingredients have blended. Place dressing in refrigerator.

#### Directions for Salad:



2

Place kale, almonds, cubed apples pieces, cranberries and green beans in a large bowl. Bring out the dressing and drizzle about half the dressing onto the salad.



3

Toss the salad and ingredients lightly, coating as much as the kale as possible with the dressing. Add more dressing if it is your preference. Place on a salad dish.



4

Serve and enjoy!

### Food Quote

"Humble pie is much tastier than eating crow."  
– **George Burns**