

## **Wilted Kale Salad with Hazelnuts**

I bunch kale (lacioento seems best)  
1/3 cup hazelnuts chopped  
2 tsp or more balsamic vinegar  
1/4 cup or less olive oil  
salt and pepper to taste

De-stem rinsed kale and chop into smallish pieces. To save time I chop the kale into one or two inch squares, put it in my food processor in a couple of batches and pulse it a couple of times.

Put the chopped kale in a bowl sprinkle with salt and pepper and balsamic vinegar. Stir well and I pound it a bit with a wooden spoon to tenderize. It begins to go down in volume.

Heat the olive oil in a frying pan and add the chopped hazelnuts. Sizzle until nuts are lightly browned.

Pour the bot oil and nuts over the kale. Stir and pound a bit more. Kale will wilt and really go down in volume.

This is good warm or cold.

From A Taste of Haida Gwaii by Suzanne Musgrave, well known Canadian poet and writer.