Salad Dressing Basics:

• Start with 1 to 3 ratio of vinegar or lemon juice to extra virgin olive oil
• Add seasonings as desired:
  • Salt and pepper
  • Garlic
  • Shallots/onions
  • Dijon mustard (adds tanginess)
  • Miso (adds umami)
  • Yogurt (adds creaminess)

Create an emulsion with the vinegar and oil by whisking in a bowl, shaking in a jar or blending in a blender.

Taste and adjust.

Store in a jar or container with airtight lid in fridge for up to 5 days
Kale Salad:

- Makes 6 servings
- 1 pound lacinato kale (also known as dinosaur or tuscan kale) stems and center ribs discarded
- 2 tablespoons finely chopped shallot
- 1 ½-2 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 1/2 tablespoons extra-virgin olive oil
- 2 ounces coarsely grated ricotta salata (1 cup)

**Step 1**
- Cut kale crosswise into very thin slices (the thinner the better!)

**Step 2**
- Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well

**Step 3**
- Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then add in additional salt and pepper to taste

Cauliflower Salad:
Serves 4

1 teaspoon finely grated lime zest
1/4 cup fresh lime juice (adjust to taste)
½ teaspoon Dijon mustard (adjust to taste)
1 teaspoon honey
1/4 cup olive oil
Kosher salt, freshly ground pepper
½ small head cauliflower florets, very thinly sliced lengthwise on a mandoline
1 tablespoon plus 1 teaspoon nutritional yeast
2 cups (1-inch-wide strips) romaine
2 cups torn frisée (or any leaf lettuce)
2 ounces Parmesan, finely grated, divided

Step 1
Whisk lime zest, lime juice, mustard, and honey in a large bowl. Whisking constantly, gradually add oil; whisk until emulsified. Season with salt and pepper.

Step 2
Add cauliflower and 1 Tbsp. nutritional yeast to dressing; toss to combine. Add lettuce, frisée, and half of Parmesan and toss again; season with salt and pepper.

Step 3
Transfer salad to a platter and top with remaining Parmesan and remaining 1 tsp. nutritional yeast.

Adapted from: https://www.epicurious.com/recipes/food/views/shaved-cauliflower-salad