Ingredients:
8-10 kale leaves (1 bunch), washed and dried
2 tablespoons of lemon juice
2 garlic cloves
1-2 tablespoons of olive oil
salt
1 tablespoon of tahini (optional)
plain bread crumbs (optional)
a handful of nuts and/or raisins (optional)
any grated cheese (optional)

Directions:
1. Remove kale stems and chop kale finely.
   Place in a large bowl.
2. Chop garlic finely. In a small bowl, add garlic, olive oil, lemon juice, tahini (optional), and salt to taste.
3. Pour dressing over kale and toss well.
4. Let salad sit for at least 5 minutes.
   Mix in optional ingredients.

Note- You can easily substitute these ingredients for similar ingredients available.

Makes 5 3/4-cup servings