

KALE SALAD

Ingredients

- 2 tablespoons dried currants
 - 8 tablespoons apple cider vinegar
 - 2 tablespoons local honey
 - 1 tablespoon extra-virgin olive oil
 - 1 teaspoon salt
 - 2 bunches kale (about 1 pound), center ribs and stems removed, leaves thinly sliced crosswise and chopped
 - 2 tablespoons pine nuts, lightly toasted or sliced almonds
 - Parmesan cheese shavings (optional)
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Preparation

Place currants in a medium bowl; add apple cider vinegar. Let them soak for at least 15 minutes or overnight. In a large salad bowl, massage the kale well. After soaking, whisk honey, oil, and salt into the cider vinegar and currants. Pour this over the kale add nuts; toss to coat. Let marinate for at least 20 minutes (or up to an hour) at room temperature, tossing occasionally. Season to taste with salt and pepper. Sprinkle cheese shavings over salad and serve.

LEMONY ZUCCHINI COUSCOUS

For the Couscous

- 1 cup vegetable or chicken broth or water
- 1 cup couscous
- 1 tablespoon [extra-virgin olive oil](#)
- 1/2 teaspoon [sea salt](#), more to taste
- zest of 1 lemon
- 1 tablespoon [fresh lemon juice](#)
- 1/3 cup minced parsley
- 3 tablespoons golden raisins
- Pinches saffron or [of red pepper flakes](#), optional

Instructions

1. In a medium saucepan, bring the broth or water to a boil. Add the couscous, 1 teaspoon olive oil, and 1/2 teaspoon sea salt and stir. Cover, remove from the heat, and let stand for 5 minutes.
2. Fluff the couscous with a fork, transfer it to a large bowl, and toss it with the remaining 1 tablespoon olive oil, 1/4 teaspoon sea salt, lemon zest, lemon juice, parsley, and pine nuts.

For the Zucchini

Ingredients

- 1 1/2 tablespoons extra-virgin olive oil
- 1 bunch scallions, chopped
- 2 medium zucchini, diced

2 yellow squashed, slivered
1/2 cup vegetable broth (250 ml)
1 1/2 lemons, freshly squeezed (about 5-6 tablespoons)
1 teaspoon organic lemon rind, freshly grated and finely chopped
sea salt and freshly ground pepper, to taste
1 bunch chives, finely diced
Harissa or hot sauce (optional)

Preparation

1. In a medium saucepan, heat oil over medium heat. Add the chopped scallions and cook until softened, about 2 minutes.
2. Add the zucchini and cook, stirring, until barely tender.
3. Add broth, lemon juice, lemon peel, salt and pepper; simmer for five minutes.
4. Serve over fluffed couscous, season with harissa or hot sauce if desired