

# Marinated Kale with Roasted Fennel, Parsnips, and Sunflower Seeds

Kale is a terrific ingredient for meal prep because, unlike regular lettuce, it can be dressed in advance without becoming soggy. You may in fact find the opposite: that the leaves dry out as the week goes on and you need to add additional olive oil. Luckily, in this recipe, you also have a delicious tahini dressing to add even more flavor. Using half of a fennel bulb might seem strange, but it's to stay within the low-FODMAP limits. If you find you can tolerate more, feel free to use the whole bulb. Or use the remaining fennel in the Greek Chicken Zoodle Soup (page 221) or Baked Halibut with Green Olive and Fennel Tapenade (page 273). To make this a main course salad, add some protein, such as roasted chicken or a fillet of wild salmon.

MAKES 4 SIDE SERVINGS

$\frac{1}{2}$  medium-size fennel bulb, cut in half lengthwise through the heart, then thinly sliced into wedges

2 medium-size parsnips (about 5 ounces), peeled and thinly sliced on a diagonal

Extra-virgin olive oil

Fine sea salt

1 large bunch lacinato kale

3 tablespoons freshly squeezed lemon juice (from 1 lemon)

2 tablespoons tahini

2 tablespoons finely chopped fresh flat-leaf parsley leaves

2 tablespoons sunflower seeds

**1** Preheat the oven to 425°F. Line a baking sheet with parchment.

**2** On the prepared baking sheet, toss the fennel and parsnips with 2 tablespoons of olive oil and  $\frac{1}{2}$  teaspoon of salt. Arrange the veggies in an even layer and roast in the oven until tender and caramelized, about 30 minutes.

**3** **Meanwhile, prepare the kale:** Remove the thick stem by carefully tearing away the bottom part of the leaves, then grabbing hold of the stem and yanking upward. The leaf should come away intact, missing the center stem. Stack the leaves with the largest at the bottom, smallest at the top, and roll into a cigar. Thinly slice into ribbons and place in a large bowl. You should have 4 cups, packed.

**4** Add 1 tablespoon of the lemon juice, 1 tablespoon of olive oil, and  $\frac{1}{4}$  teaspoon of salt. Toss the kale with clean hands until it's very well coated with the mixture—don't be afraid to manhandle it!

**5** **Make the tahini sauce:** In a medium-size bowl, whisk together (a fork is fine) the tahini, remaining 2 tablespoons of lemon juice, and  $\frac{1}{4}$  teaspoon of salt. A thick paste will form—culinary magic! Whisk in water, 1 tablespoon at a time, until the dressing is pourable (around 2 tablespoons of water total). Taste for seasoning and add more salt or lemon juice as necessary. Fold in the parsley.

recipe continues ▾

**6 Assemble the salad:** top the kale with the crispy fennel and parsnips. Drizzle with the tahini sauce and garnish with sunflower seeds.

*Onward* Add ½ cup of diced roasted **beets** to the salad.



**Prepare the kale:**

- ① Remove the thick stem by carefully tearing away the bottom part of the leaves,
- ② then grabbing hold of the stem and yanking upward.
- ③ Stack the leaves with the largest at the bottom, smallest at the top, and roll into a cigar.
- ④ Thinly slice into ribbons.



LF	SCD	SSFG	BPD1	BPD2	P	V	SF	YC	Sub lime juice for lemon, unless tolerated ↓	Omit parsnips ↓
									HI	BPD1R

