

KALE, APPLE, WALNUT AND SUMAC-ONION TABBbouLEH

By Chef Michael Solomonov



INGREDIENTS

Serves 4-6

- 2 cups (packed) shredded stemmed kale leaves
- $\frac{3}{4}$ cup finely chopped walnuts
- $\frac{1}{2}$ cup diced apple
- $\frac{1}{4}$ cup Simple Sumac Onions (see below)
- $\frac{1}{4}$ cup pomegranate seeds (see below)
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- $\frac{1}{2}$ teaspoon kosher salt

TO PREPARE

- Combine all the ingredients in a large bowl. Toss to combine and serve.

For Simple Sumac Onions (makes about 1 cup):

- 1 red onion, thinly sliced
- 1 tablespoon red wine vinegar
- 1 teaspoon ground sumac
- $\frac{1}{2}$ teaspoon kosher salt

- Combine all the ingredients in a bowl and toss to combine. Serve immediately.

For Pomegranate Seeds:

- To remove the seeds from a pomegranate, place a deep bowl in your kitchen sink and roll up the sleeves of a shirt you dislike. Cut the pomegranate in half crosswise. Place one half of the pomegranate in your palm, cut side down. Hold your hand over the bowl and, using a wooden spoon, beat the back of the pomegranate to loosen the seeds. Keep whacking and let the seeds fall out of your hand into the bowl below. Discard any white membrane that may fall into the bowl.