



# BABY KALE SALAD

IN AFRICAN AMERICAN HOUSEHOLDS, kale has traditionally been cooked long and low, with a piece of seasoning meat. Today, it is just as likely to turn up in a great-tasting salad like this one.

serves

4 to 6

active time

20 mins

total time

30 mins

## INGREDIENTS

### CROUTONS

1 cup cubed corn bread, in 1/2-inch cubes

### BUTTERMILK DRESSING

3/4 cup buttermilk, preferably full fat  
2 tablespoons mayonnaise, preferably Duke's  
1 teaspoon Dijon mustard  
1 teaspoon cider vinegar  
1 tablespoon freshly squeezed lemon juice  
1 scallion, white and light green parts, thinly sliced  
1/4 cup snipped fresh chives

1 small garlic clove, chopped into a paste  
1/2 teaspoon kosher salt  
Freshly ground black pepper

### SALAD

1 cup toasted corn kernels  
1 teaspoon extra-virgin olive oil  
1 pound baby kale  
1/2 cup cooked black-eyed peas, preferably from fresh or frozen, not canned  
1 cup cherry or grape tomatoes, halved

### CHEF'S NOTE

Buy the freshest kale you can find, then rinse the leaves carefully to rid them of any grit and trim off any blemishes. If you are starting with fresh or frozen black-eyed peas and cooking them, add 30 minutes to the recipe's total time. If you are using canned peas, the time remains the same. Here, a rich buttermilk dressing, used sparingly to keep the kale in the spotlight, pulls together all of the tastes of the salad.

### TO MAKE THE CROUTONS

Preheat the oven to 275°F. Spread the corn bread on a baking sheet and bake until lightly golden and crisp, about 20 minutes. Let cool completely.

### TO MAKE THE BUTTERMILK DRESSING

Combine all the ingredients in a small bowl and whisk until well blended. If not using immediately, transfer to an airtight container and refrigerate for up to 3 days.

### TO MAKE THE SALAD

Heat a medium castiron skillet over high heat. Add the olive oil and corn and cook, stirring, until the kernels are fragrant and begin to char, about 2 minutes. Transfer to a plate to cool.

Combine the kale, cooled corn, black-eyed peas, and tomatoes in a large bowl. Add enough of the dressing to lightly coat the kale and other vegetables and toss to coat evenly. Transfer to a serving bowl, garnish with the croutons, and serve.



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