

RECIPE



Tuscan Kale Salad

4-6 cups loosely packed, sliced leaves of Italian black kale, midribs removed (If you can't find the Italian black kale, use whatever variety is available, but the darker kale is less bitter)

Juice of 1 lemon

3-4 T extra-virgin olive oil

2 cloves garlic, mashed

Salt & pepper, to taste (salt is optional)

Hot red pepper flakes, to taste

2/3 cup grated Pecorino Toscano cheese (Rosselino variety if you can find it) or other Flavorful grating cheese such as Asiago or Parmesan

1/2 cup freshly made breadcrumbs from lightly toasted bread (or you can use Trader Joe's whole wheat bread crumbs)

1 cup chopped grape tomatoes

Whisk together lemon juice, olive oil, garlic, salt, pepper, and a generous pinch (or more to taste) of hot red pepper flakes. Pour over kale in serving bowl and toss well.

Add 2/3 of the cheese and toss again. Let kale sit for at least 5 minutes. Add breadcrumbs, toss again, and top with remaining cheese.

Be prepared to hear ohs and ahs on how delicious this salad is!!

Makes 4 servings @ 280 calories, 12 g protein, 18 g fat, 23 g carbs, 10 mg cholesterol, 340 mg sodium, 3 g fiber