

# Tuscan Kale Salad

- 6 cups Kale
  - Juice of 1 lemon
  - 3-4 tablespoons extra-virgin olive oil
  - 2 cloves mashed garlic
  - 2/3 cup grated Pecorino cheese
  - 1/4 cup breadcrumbs (optional)
  - 1 cup chopped grape tomatoes
  - salt and pepper to taste
  - hot red pepper flakes to taste
- Wash and de-rib kale. Chop into bite size pieces and place into bowl. Chop tomatoes in half and add to kale. Mix lemon juice, olive oil and garlic together and toss with kale until blended. Sprinkle with grated cheese, bread crumbs, hot pepper flakes and salt and pepper to taste.
- Approximate Nutrition information: Makes four, 1.5 cup servings at 230-280 calories, 12 g protein, 18 g fat, 15-23 g carbs, 340 mg sodium and 3 g fiber each.

