

Healthy Food for a Wealthy Mood



Tuscan Kale Salad

4-6 Cups Tuscan kale, ribs removed (also called dinosaur or black kale)
Juice of 1 lemon
3-4 Tbsp. extra virgin olive oil
2 cloves garlic, mashed
Salt & Pepper to taste
Red pepper flakes to taste
2/3 Cup Pecorino Toscano cheese, grated (substitute Parmesan or Asiago)
1/2 Cup freshly made bread crumbs from lightly toasted bread

Whisk together lemon juice, olive oil, garlic, salt, pepper, and red pepper flakes. Pour over kale in a large bowl and toss well. Add 2/3 of the cheese and toss again. Let kale sit at a minimum of 5 minutes, longer if you can. Add the bread crumbs and top with the remaining cheese.

Yield: 4-6 Servings

CALORIES 202 / FAT 12.17g / CHOLESTEROL 8.83mg /
CARBOHYDRATE 11.66g / PROTEIN 8g / FIBER 41.66g

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