

TUSCON KALE SALAD

Food as Medicine

Kale is among the most nutrient-dense commonly eaten vegetables. One cup provides 1,327 percent of the Daily Value (DV) for vitamin K, 192 percent of DV for vitamin A, and 88 percent for vitamin C.

Ingredients

Basic Recipe

- 4-6 cups kale, loosely packed, leaves only remove stems and centre ribs
- ½ - ¾ of the juice from 1 lemon OR 1/3 – ½ of the juice of a ruby red grapefruit
- 3-4 tablespoons extra-virgin olive oil
- 2 cloves garlic, mashed (optional)
- salt & pepper, to taste
- hot red pepper flakes, to taste
- 2/3 cup grated Asiago or Parmesan cheese (or to taste and consistence)

Instructions

1. Whisk together lemon juice, olive oil, (garlic), salt, pepper, and a generous pinch (or more to taste) of hot red pepper flakes.
2. Pour over kale in serving bowl and toss well.
3. Add 2/3 of the cheese and toss again.
4. Let kale sit for at least 10 minutes * so that the lemon juice softens the leaves.
5. Add remaining cheese (1/3 cup) and toss prior to serving.

* Note this salad can be made hours/day before eating so that the kale leaves will be soft and tender.

Options for Salad

- Add 1/2 cup freshly made bread crumbs from lightly toasted bread
- Instead of cheese, add your favorite nuts and dried fruit such as: cranberries, or pomegranate.
- For extra protein and a main meal you can add diced chicken, or a chopped hard-boiled egg.
- Leftovers taste great the next day for lunch or dinner. Eat and enjoy!