

Kale Salad

Servings: 6

Diet: Vegetarian & Gluten-Free

Ingredients

- 2 bunches kale, rinsed and dried, torn into bite-size pieces
- 1/3 cup oil
- 1/4 teaspoon salt
- 1/2 cup Parmesan cheese, grated
- Juice of 1 lemon or 2 tablespoons lemon juice
- 2 large cloves garlic, minced
- 1/2 teaspoon black pepper

Instructions

STEP 1: Place the kale in a large bowl. Add the oil and salt. Use your hands to massage the leaves until they become soft and wilted and the volume is reduced by about half. The leaves should look darker and shiny.

STEP 2: Add the Parmesan cheese, lemon juice, garlic and black pepper. Toss together and serve.



- **Reduce Food Waste:** The stems of kale leaves are edible, too. Stretch your food dollars, cut down on waste and save time by using the entire leaf.
- **Did You Know?** Kale contains vitamins A, C and K and fiber which support the immune system, vision, skin and heart health.



Per Serving: 160 Calories | 2g Carbs | 0g Sugar | 1g Fiber | 15g Fat (3.5g Sat Fat) | 5g Protein | 260mg Sodium
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