

Simple Kale Salad



Serves: 4

INGREDIENTS

1 head curly or Lacinato kale, washed and spun dry, ribs removed

Juice of 1 large lemon

2 tablespoons (30 milliliters) extra-virgin olive oil, optional*

¼ teaspoon (2.5 milliliters) salt, or to taste

Freshly ground black pepper, to taste

Kale salad is a trend that's not going away—and for good reason! Unlike more delicate lettuces, dark, leafy greens like kale can be dressed and still hold up for a day in the refrigerator without wilting. This makes kale salad the perfect way to get some veggies into the diet for a busy student or family on the go! This recipe has the bare minimum ingredients—add whichever additions you like to make it more exciting. This is meant only to be a starting place.

INSTRUCTIONS

1. Tear kale up into bite-sized pieces and put into a large bowl (or shred if you'd like a slaw-style salad).
2. Drizzle lemon juice and olive oil (if using) over kale and sprinkle with salt and pepper. Massage kale vigorously with your hands to work in the seasoning ingredients and start to tenderize the leaves.
3. Season to taste with more salt and pepper, if desired.

NOTES

- If you want to add another dressing, follow the recipe above, omitting the olive oil. After massaging kale with only the lemon juice, salt and pepper, you can add any dressing you wish.
- *To omit oil: Consider adding an oil-free dressing and following the method described directly above for adding another dressing.
- This salad will keep, dressed, for 1 day in the refrigerator.
- Add any toppings of your choice.
- Time-saving tip: Buy kale already chopped. However, this will generally include the chewy stems, which don't result in as tender a salad and may be challenging for some to chew.

Nutritional Info (per ¼ recipe): Calories 75, Total Fat 7.3 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 155 mg, Total Carbohydrate 3.2 g, Dietary Fiber 0.9 g, Sugars 0.9 g, Protein 1.1 g, Vitamin A 8%, Vitamin C 58%, Calcium 4%, Iron 2%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.