



# TUSCAN KALE SALAD

FROM

**TRUE FOOD KITCHEN**

---

1/2 C extra-virgin olive oil

1/4 cup freshly squeezed lemon juice

3 garlic cloves, mashed

1/2 tsp salt

pinch of red pepper flakes

2 bunches organic lacinto kale (14 oz), ribs removed and sliced into 1/4-inch shreds

1/2 C finely grated grana padano or parmigiano-reggiono cheese

2 Tbsp toasted whole wheat bread crumbs

grana padano or parmigiano-reggiono cheese, for garnish

---

- 1** Whisk together oil, lemon juice, garlic, salt and red pepper flake. Add the kale and toss well to coat. Let the salad sit at room temperature for 10 to 30 minutes.  
Add grated cheese and bread crumbs and toss again.

- 2** Garnish with cheese shavings before serving.  
Cover any leftovers and refrigerate for up to 2 days.

[WWW.TRUEFOODKITCHEN.COM/THEWOODLANDS](http://WWW.TRUEFOODKITCHEN.COM/THEWOODLANDS)

