

# TUSCAN KALE SALAD

Prep time: 10 minutes Serves: 2-4

## INGREDIENTS:

- 4-6c kale, loosely packed, sliced leaves; midribs removed
- Juice of 1 lemon
- 3-4 tbsp. extra virgin olive oil
- 2 cloves garlic minced
- Salt and pepper, to taste
- Hot red pepper flakes, to taste
- 2/3c grated parmesan cheese
- 1/2c freshly made bread crumbs
- Dried cranberries

## DIRECTIONS:

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 5 minutes
5. Add bread crumbs, toss again and top with remaining cheese



**Nutritionals:** 1 serving **Calories** 191 **Fat** 13.2g **Carbohydrate** 12.9g **Protein** 7.8g **Sodium** 649 mg