

Kale Salad

Prep Time: 10 minutes

Makes 4, 1 1/2 cup servings



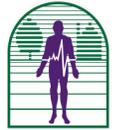
Ingredients:

1 bunch of kale (about 6 cups chopped)
2 tablespoons cooking oil (canola or olive oil)
1/4 teaspoon black pepper
1/4 cup parmesan cheese, grated
2 tablespoons lemon juice
1 teaspoon minced garlic
1 1/2 teaspoons reduced-sodium soy sauce
1/8 teaspoon salt

Directions:

1. Rinse kale in water and pat dry with paper towel. Strip leaves from stems and discard stems.
2. Chop kale into bite sized pieces and place in a large bowl. Add oil and salt.
3. With clean hands, firmly massage the pieces with your hands to work in the flavoring.
4. Stop when volume of greens is reduced by half (greens should look dark and shiny)
5. Add parmesan, lemon juice, garlic, soy sauce, and pepper.
6. Toss ingredients and serve.

Kale is full of fiber and can be enjoyed raw or cooked!



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Make it a meal!

Add white beans or garbanzo beans. Drain and rinse beans prior to adding to salad. Add shredded radish, carrots, or red cabbage for extra color!

Remove the stems for a salad!

Kale stems may be eaten raw if desired, but are often eaten cooked. For salads, remove the leaves using your hands by gently pulling down the stem or with a knife (as shown below).



Serving Size: 1 1/2 cups

Nutrition Facts:

Calories: 147

Fat: 9 g

Saturated Fat: 2 g

Sodium: 302 mg

Total Carbohydrates: 12 g

Fiber: 4 g

Protein: 7 g



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Nutrition Services

Recipe modified from: Kale Salad. Capital Area Food Bank. Web. <http://www.capitalareafoodbank.org/recipes>

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www.cghealth.com or call 641-421-9300