

Kale Salad with Lemon & Parmesan Vinaigrette

PREP TIME: 10 MINS

YIELDS: 1 SERVING

Ingredients

- 2 cups curly kale, ribs removed
- ½ cup cherry tomatoes, halved
- 1-2 tablespoons parmesan cheese, freshly shaved
- 2 teaspoons lemon juice
- 2 teaspoons olive oil
- 1 teaspoon parmesan cheese, finely grated

Qualities

Texture: Crunchy

Rating for Scent : 2/10

Spice Level: 0/10

Recipe Benefits

- Promotes Gut Health
- Anti-Inflammatory



Nutrition Content for 1 Recipe

Calories: 174kcal	Carbohydrates: 8g
Fat: 14g	Fiber: 3g
Protein: 6g	Added sugar: 0g
	Sodium: 290mg

Directions

1. In a large bowl, combine the kale, halved cherry tomatoes, and shaved parmesan cheese.
2. In a separate small bowl, whisk together the lemon juice and olive oil until combined. Add the grated parmesan cheese and continue to whisk.
3. Pour the lemon vinaigrette over the salad, then toss to coat in dressing.
4. Optional- add fresh cracked black pepper over top of salad.
5. Serve or store in a sealed container in the refrigerator for future use.



Chef Tips/Adjustments

- If additional salad dressing is desired, double the vinaigrette portion of the recipe. The dressing can be made in advance/bulk, but it is recommended to leave the parmesan cheese out until serving time. Sometimes the grated parmesan cheese can create a curdled appearance if it sits too long in the vinaigrette.
- Tossing the salad with this dressing and storing in the refrigerator for future use also creates a richer flavor as it marinates the kale.