

Kale Salad with Lemon Vinaigrette

Bright & fresh, you will love kale.



While kale is incredibly low in calories, it is one of the most nutrient-dense foods, containing powerful antioxidants, such as beta-carotene and vitamin C.

Ingredients

Makes 10 servings

5 Bunches black Tuscan kale

1 tablespoon red pepper flakes

$\frac{3}{4}$ cup dried blueberries

$\frac{1}{2}$ cup fresh lemon juice

$\frac{1}{4}$ cup honey

1 $\frac{1}{2}$ cup olive oil

1 teaspoon salt

Directions

Lemon Vinaigrette recipe (yields 2 cups)

$\frac{1}{2}$ cup fresh lemon juice

$\frac{1}{4}$ cup honey

1 $\frac{1}{2}$ cup olive oil

1 teaspoon salt

Place all ingredients in blender and blend for 1 minute.

Kale Salad recipe (makes 10 servings)

Clean stem off kale and chop in to ½ in strips.

Toss cleaned and chopped kale with ½ cup of lemon vinaigrette. Lightly massage the dressing into the kale. This should be done at least 8 hours before you serve kale; overnight is preferred.

Right before service place kale, red pepper flakes, dried blueberries and ½ cup of the lemon vinaigrette. Toss all together; add more vinaigrette if desired. Season with salt and pepper to taste.

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