



## Quick Lemony Garlic-y Kale Salad

*A quick, simple, delicious salad that comes together in minutes! You can use whatever dark leafy greens you prefer, but I find the baby kale to be a nice mild-ish leaf that's just the right size to hang onto a good amount of Romano cheese and toasted bread crumbs.*

**Prep Time:** 5 minutes

### Ingredients

3 tbsp canola oil  
2 tbsp fresh lemon juice  
1 small clove of garlic, minced  
1 container (142 g) baby kale \*  
1 small container grape tomatoes, halved  
1/3 cup toasted panko bread crumbs  
¼ cup fresh grated Romano or Parmesan cheese (plus more for serving, optional)  
Coarsely ground sea salt and fresh ground pepper to taste

### How to Make

1. In a small bowl, whisk together canola oil, lemon juice and garlic.
2. In a large bowl, combine baby kale and grape tomatoes. Pour on dressing and toss gently until kale is well coated. Add toasted bread crumbs and cheese and toss gently. Season with salt and pepper.
3. Enjoy immediately. Serve with additional Romano cheese if desired.

\* Kale Tip: If you've got more time and/or enjoy a kale salad with more texture, use a small bunch of lacinato kale (also called dinosaur kale), washed and torn into bite-size pieces.

**Tip:** To make toasted panko bread crumbs, add 1 tsp canola oil to a hot cast iron skillet. Stir in 1/3 cup of panko bread crumbs, stirring until just golden brown. Remove bread crumbs to a small bowl and stir in 1 tbsp ground flax (optional).