



## Tuscan Kale Salad

This is the kale salad that made my sister fall in love with kale. Well, at least she fell in love with this salad. And what's not to love? It's super garlicky with a tasty tang of lemon and a salty bite from the pecorino. Nutritionally speaking, kale is packed with nutrients, like vitamin C and beta-carotene, two nutrients that get top billing for protecting your heart.

*Recipe adapted from Dr. Weil's Healthy Kitchen.*

Prep time: 10 minutes Serves: 4

Ingredients:

- ½ cup panko bread crumbs
- 1 tsp extra virgin olive oil
- 1 large bunch of lacinto (black) kale
- ¼ cup of freshly squeezed lemon juice
- ¼ cup extra-virgin olive oil
- 2 cloves garlic, minced
- ¼ teaspoon coarsely ground sea salt
- ½ teaspoon freshly ground pepper
- pinch hot red pepper flakes
- 1 small container of grape tomatoes, sliced in half
- ½ cup grated pecorino cheese plus ¼ cup for garnish

How To Make:

Add panko bread crumbs to a hot pan and toast until just golden brown, stirring constantly. Stir in 1 teaspoon of olive oil. Set aside.

Remove ribs from kale, slice into bite-size pieces and place in a large bowl.

Whisk together lemon juice, olive oil, garlic, salt, pepper and red pepper flakes.

Pour dressing over kale and toss well.

Add grape tomatoes, ½ cup pecorino cheese and toasted panko bread crumbs and toss again. Sprinkle with the ¼ cup of pecorino.