

Tuscan Kale Salad

Description

A True Food Kitchen restaurant exclusive! This traditional Tuscan salad is made with strips of Italian black kale, fresh lemon juice, extra virgin olive oil, crushed garlic, red pepper flakes, grated pecorino Toscano cheese and bread crumbs. These bright, refreshing flavors combine to bring the sunny taste of Italy to your table.

Watch a video of Dr. Weil and chef Michael Stebner preparing this delicious salad: [How to Make Tuscan Kale Salad](#)

Food as Medicine

Kale is among the most nutrient-dense commonly eaten vegetables. One cup provides 1,327 percent of the Daily Value (DV) for vitamin K, 192 percent of DV for vitamin A, and 88 percent for vitamin C.

Ingredients

4-6 cups kale, loosely packed, sliced leaves of Italian black (Lacinato, "dinosaur," cavolo nero) midribs removed
juice of 1 lemon

3-4 tablespoons extra-virgin olive oil

2 cloves garlic, mashed

salt & pepper, to taste

hot red pepper flakes, to taste

2/3 cup grated Pecorino Toscano cheese (Rosselino variety if you can find it) or other flavorful grating cheese such as Asiago or Parmesan

1/2 cup freshly made bread crumbs from lightly toasted bread

Instructions

Whisk together lemon juice, olive oil, garlic, salt, pepper, and a generous pinch (or more to taste) of hot red pepper flakes.

Pour over kale in serving bowl and toss well.

Add 2/3 of the cheese and toss again.

Let kale sit for at least 5 minutes. Add bread crumbs, toss again, and top with remaining cheese.



Nutritional Information

Serves 4-6

Nutrients per serving:

Calories: 202

Protein: 8g

Total Fat: 12.17g

Carbohydrate: 11.66g

Fiber: 41.66g

Cholesterol: 8.83mg

This recipe is courtesy of [Dr. Weil's True Food Kitchen](#) restaurant in Phoenix, Arizona.