



# fresh kale salad

takes  
**15**  
minutes

## ingredients

- 2 T. finely chopped onion
- 2 T. fresh lemon juice
- Salt and pepper to taste
- 5 T. olive oil
- 1 lb. kale
- 1/8 cup shredded Parmesan

## directions

Whisk together the first four ingredients until combined.

Slice kale very thinly (a technique also called chiffonade) and toss with dressing and Parmesan.

Sprinkle more pepper and salt as needed.

## nutrition facts

Serving Size 160g			
Amount Per Serving			
<b>Calories 279</b>		<b>Calories from Fat 200</b>	
		% Daily Value*	
<b>Total Fat</b>	22.2g		34%
Saturated Fat	5.3g		27%
Trans Fat	0.0g		0%
<b>Cholesterol</b>	12.0mg		4%
<b>Sodium</b>	331.9mg		14%
<b>Total Carbohydrate</b>	12.9g		4%
Dietary Fiber	2.9g		11%
Sugars	3.0g		
<b>Protein</b>	10.1g		
Vitamin A	2%	Calcium	36%
Vitamin C	232%	Iron	12%

\*All percentages are daily value based on a 2000 calorie diet

serves  
**4**  
people



in partnership with

