



THE UNIVERSITY OF ARIZONA

Center for Integrative Medicine

Tuscan Kale Salad

Ingredients

- 4-6 cups loosely packed, sliced leaves of Italian black (Lacinato, “dinosaur,” cavolo nero) kale, midribs removed
- Juice of 1 lemon
- 3-4 Tbl extra-virgin olive oil
- 2 cloves garlic, mashed
- Salt and pepper to taste
- Hot red pepper flakes to taste
- 2/3 cup grated Pecorino Toscano cheese (Rossellino 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

Method

Whisk together lemon juice, olive oil, garlic, salt and 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.

Recipe adapted from “*True Food: Seasonal, Sustainable, Simple, Pure*”