

DINOSAUR KALE SALAD

WITH BEETS & CITRUS VINAIGRETTE

Portion: 8 oz Yields: 8

Chiffonade of kale marinated overnight and tossed with golden beets, fennel



CALORIES (kcal): 151
PROTEIN (g): 2.1
CARBOHYDRATE (g): 9.8
TOTAL FAT (g): 12.4
SODIUM (mg): 231.1
SAT FAT (g): 1.7
DIETARY FIBER (g): 2.4

INGREDIENTS:

9 oz	Kale, Fresh, Tough Stem Removed	4 oz	Diced Red Bell Peppers, Fresh
1/2 cup	Extra Virgin Olive Oil	4 oz	Cucumber, Diced
3 Tbsp	Lemon Juice, Fresh	1/4 cup	Parsley, Fresh, Minced
3 Tbsp	Orange Juice	5 oz	Fennel, Sliced thin
1 Tbsp	Lime Juice	1 Tbsp	Honey
1/2 tsp	Kosher Salt	1/4 tsp	Kosher Salt
8 oz	Gold Beets, Fresh	1/4 tsp	Ground Black Pepper
2 Tbsp	Shallots, Fresh Peeled, Minced		

METHOD:

Use dinosaur or Tuscan kale. Remove stems and chiffonade; cut into thin strips. Place in a bowl and combine with olive oil, citrus juices and salt. Toss to combine and marinate for 2 hours.

Meanwhile, cook whole golden beets, either in the oven or boil until tender. Peel and cut into strips.

Add all ingredients together.

CHEF'S NOTES:

Marinating the kale with citrus juices and salt softens or 'cooks' the vegetable.

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