



Italian Pickled Pepper Kale Salad

Easy to Digest with Minced Kale

3/4 Tablespoon fresh lemon juice
3/4 Tablespoon extra virgin olive oil
1/4 teaspoon Kosher salt
1/8 teaspoon ground black pepper
4 cups minced sliced green or red kale
1/4 cup chopped dried cranberries or cherry cranberries
2 to 3 Tablespoons finely shredded Pecorino-Romano Parmesan Cheese
3 to 4 Tablespoons chopped pickled red peppers
1/4 cup hulled pumpkin seeds

*Use organic ingredients if available

In a glass measuring cup, whisk together lemon juice, olive oil, salt, and ground black pepper.

Remove the thick stems and finely slice and mince kale.

Place kale in large bowl; pour oil mixture over shredded kale; toss to coat. Mix in dried chopped cranberries. Place in refrigerator until serving.

Before serving; toss with Parmesan cheese, pickled red peppers, and pumpkin seeds.

Yield: Serves 4

Cook's Note: For a basic salad, omit pickled peppers and substitute raisins for cranberries or add your favorite chopped nuts.

About the Recipe: Dark green, minced kale is tossed with fresh lemon juice dressing and sweetened with dried cranberries. It mellows in the refrigerator and is flavored with pickled red peppers, crunchy pumpkin seeds and flavorful Italian shredded Parmesan cheese. So crisp and full of flavor!