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Mean Kale Salad

By Philip Riley

Ingredients

- 12 oz kale, de-ribbed
- 2 C of sliced almonds, toasted
- 1 1/2 C Parmesan Cheese
- 1 1/2 C Olive Oil
- 1/3 C Lemon Juice
- 4 Cloves garlic, crushed
- Salt to taste

Instructions

1. Preheat the oven to 350 degrees.
2. Wash and trim the kale to bite- sized pieces.
3. Lay the almonds on a baking sheet. Bake for 3-4 minutes, tossing intermittently until they are golden brown, then set aside.
4. Combine the garlic, lemon juice, olive oil, and salt. Shake well and set aside to allow the flavors to combine, approximately one hour. For more intrigue, sauté the garlic first.
5. Toss the kale, parmesan, and almonds in a large bowl. Add the dressing as needed.