

# Super Kale Salad

Prepare a delicious healthy salad featuring kale, lemon, and cheese.



## Ingredients:



1 lemon



¼ tsp garlic powder



¼ cup olive oil



¼ tsp salt



¼ tsp pepper



1 large bunch kale



¼ cup breadcrumbs



¼ cup Parmesan cheese

## Steps:

1



Squeeze lemon juice into bowl. Add garlic powder, olive oil, salt, and pepper. Whisk thoroughly.

2



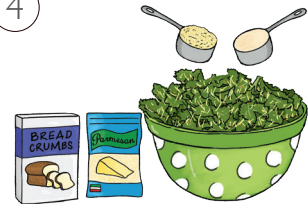
Tear kale leaves away from stems. Cut or tear leaves into small pieces. Add to large bowl.

3



Mix lemon vinaigrette with kale. Allow kale to rest for at least 5 minutes to soften.

4



Add Parmesan and bread crumbs to kale. Mix well. TASTE & SHARE!