

## Salad

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# Lemony Kale Salad with Tomatoes

Domenica Catelli - "Be Mom-A-Licious" blog

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**Servings: 8**

**Start to Finish Time: 25 minutes**

**2 bunches dinosaur kale**

**3 cups red and/or yellow cherry tomatoes, halved**

**1 cup croutons**

**1/2 cup walnuts, chopped**

**1/3 cup Parmesan cheese, grated**

**3 to 4 lemons**

**1/2 cup extra-virgin olive oil**

**salt and pepper (to taste)**

**1/2 cup Parmesan cheese, shaved**

Rinse and dry the kale. Trim and discard the tough stems. Stack the leaves then cut 1/4-inch strips across the leaves.

In an extra-large salad bowl, combine the kale, tomatoes, croutons, nuts and 1/3 cup of grated Parmesan cheese.

Juice the lemons over the salad ingredients.

Drizzle the olive oil, sprinkle the salt and pepper, then toss.

To serve, sprinkle the salad with the shaved Parmesan.

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Per Serving (excluding unknown items): 224 Calories; 21g Fat (79.0% calories from fat); 6g Protein; 6g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 181mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat.