

# Kale Salad



## Ingredients:

- 1 bunch kale
- Juice from ½ lemon
- 1 T olive oil
- 2 cloves garlic, minced
- ½ C almonds, chopped

1. Wash and de-stem kale. Tear into small pieces and place in a large bowl.
2. Add lemon juice, olive oil and garlic.
3. Massage kale with hands until the kale appears “wilted.”
4. Add more lemon juice and oil if too dry.
5. Top with almonds before serving.



## Ingredient facts:

**Kale** – A member of the Brassica family. Rich in antioxidant, anti-inflammatory and anti-cancer nutrients known as glucosinolates. High in iron, potassium, sulfur, beta-carotene, vitamin C, folic acid and calcium. Strong cardiovascular, detoxification and digestive support. Good for liver rejuvenation.

**Lemon** – A member of the Rutaceae (citrus) family. High in potassium and vitamin C, which is vital to the function of a strong immune system. Improves the assimilation of minerals in the body. Stimulates bile production to help cleanse the liver and lower cholesterol. Suggested to protect against inflammatory polyarthritis, a form of rheumatoid arthritis.

**Almonds** – Members of the Rosaceae (rose) family. Known as brain and bone food. High in monounsaturated fats, similar to the health-promoting fats in olive oil. High in vitamin E to help lower cholesterol and reduce the risk of heart disease. Guard against diabetes by decreasing after-meal blood sugar rise. Help alkalinize the blood, strengthen the nervous system and improve energy.

www.whfoods.com

Mars, B (2004). *Rawsome!* Laguna Beach, CA: Basic Health Publications Inc

Image courtesy of Kittikun Atsawintarangkul at FreeDigitalPhotos.net

## Substitutes:

- Walnuts
- Pecans
- Pumpkin seeds
- Sesame seeds
- Ginger

## Additions:

- Mushrooms
- Cherry tomatoes
- Diced chicken
- Dried cranberries
- Chopped dates

## Nutritional information:

Serving size: 1 cup (80g)

Calories: 80

Fat: 5g

Carbohydrate: 9g

Protein: 4g

Fiber: 2g

Sodium: 29mg

Cholesterol: 0mg

Source: NutriCalcPlus