



# RECIPES

## Tuscan Kale Salad with Tomatoes and Toasted Pine Nuts

### INGREDIENTS:

- 1 bunch of kale, rinsed, dried, and chopped into bite sized pieces
- ½ cup extra virgin olive oil
- 2 garlic cloves, finely minced
- ¼ cup fresh lemon juice
- Salt and pepper to taste
- Pinch of red pepper flakes
- ½ pint cherry tomatoes, halved
- ½ cup toasted pine nuts

### INSTRUCTIONS:

1. Place kale in large salad bowl
2. In a small bowl, whisk together olive oil, garlic, lemon juice, salt, pepper, and red pepper flakes until emulsified
3. Stir the dressing into the kale until all pieces are coated.
4. Mix the kale with hands continuously for at least 3 minutes to break down the kale. Add the tomatoes and pine nuts
5. Serve immediately or let the salad marinate overnight

Makes 4-6 servings

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Adapted from: MW Culinary Wellness, LLC <http://martiwolfson.com/recipes>