



THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine



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Tuscan Kale Salad

Recipe adapted from *“True Food: Seasonal, Sustainable, Simple, Pure”*

INGREDIENTS

- 4–6 cups loosely packed, sliced leaves of Italian black (Lacinato, “dinosaur,” cavolo nero) kale, midribs removed
- Juice of 1 lemon
- 3–4 Tbl extra-virgin olive oil
- 2 cloves garlic, mashed
- Salt and pepper to taste
- Hot red pepper flakes to taste
- $\frac{2}{3}$ cup grated Pecorino Toscano cheese (Rosselino variety if you can find it) or other flavorful grating cheese such as Asiago or Parmesan.
- $\frac{1}{2}$ cup freshly made breadcrumbs from lightly toasted bread

INSTRUCTIONS

Whisk together lemon juice, olive oil, garlic, salt and pepper, and a generous pinch (or more to taste) of hot red pepper flakes.

Pour over kale in serving bowl and toss well. Add $\frac{2}{3}$ of the cheese and toss again.

Let kale sit for at least 5 minutes.

Add breadcrumbs, toss again, and top with remaining cheese.