

LEMONY KALE AND AGED GOUDA SALAD WITH TOASTED ALMONDS



DIFFICULTY
EASY



TIME
30 MIN



SERVES
4

INGREDIENTS

- $\frac{3}{4}$ cup sliced almonds, toasted
- $\frac{1}{4}$ cup freshly squeezed lemon juice (from 2 lemons)
- $\frac{1}{2}$ tsp salt + more to taste
- $\frac{1}{2}$ tsp ground black pepper
- $\frac{1}{2}$ cup extra-virgin olive oil
- 2 tsp minced garlic (about 2 cloves of garlic)
- 2 bunches green kale, stems removed and leaves cut crosswise into $\frac{1}{2}$ inch ribbons
- $\frac{2}{3}$ cups (about 2-2 $\frac{1}{2}$ ounces) finely grated aged gouda cheese (you can also use Parmesan, pecorino romano or any other hard cheese)

DIRECTIONS

1. Toast the almonds.

Preheat a sauté pan or skillet to medium high. Add the almonds and sauté until lightly brown, stirring often. The total time will be between 4-6 minutes.

2. Make the dressing.

In a bowl or jar fitted with a lid, combine olive oil, lemon juice, garlic, salt and pepper. Whisk (if using bowl) or shake (if using lidded jar) in order to combine the ingredients.

3. Prepare the kale.

Remove the tough ribs from the kale and cut leaves crosswise into $\frac{1}{2}$ inch ribbons.

4. Make the salad.

Place the kale into large bowl. Pour half the dressing over the salad and massage it into the kale for one minute. Add remaining dressing and massage another minute. Add in $\frac{3}{4}$ of the aged gouda and mix in. Taste the salad and adjust the salt and pepper if necessary. Top with the remaining cheese and toasted almonds.

NUTRITION FACTS PER SERVING

Calories: 333 **Fat:** 27.4g (**Saturated Fat:** 5.4g) **Carbohydrates:** 16.4g **Fiber:** 4.9g **Sugar:** 0.7g
Protein: 10.6g **Sodium:** 364mg



CALIFORNIA SCHOOLS
VEBA

Leslie Myers | Chef | VEBA Resource Center