

# DINOSAUR KALE SALAD

## WITH BEETS & CITRUS VINAIGRETTE

SUPERFOOD

Portion: 8 oz Yields: 8

*Chiffonade of kale marinated overnight and tossed with golden beets, fennel*



**CALORIES (kcal): 151**

**PROTEIN (g): 2.1**

**CARBOHYDRATE (g): 9.8**

**TOTAL FAT (g): 12.4**

**SODIUM (mg): 231.1**

**SAT FAT (g): 1.7**

**DIETARY FIBER (g): 2.4**

### INGREDIENTS:

9 oz Kale, Fresh, Tough Stem Removed

1/2 cup Extra Virgin Olive Oil

3 Tbsp Lemon Juice, Fresh

3 Tbsp Orange Juice

1 Tbsp Lime Juice

1/2 tsp Kosher Salt

8 oz Gold Beets, Fresh

2 Tbsp Shallots, Fresh Peeled, Minced

4 oz Diced Red Bell Peppers, Fresh

4 oz Cucumber, Diced

1/4 cup Parsley, Fresh, Minced

5 oz Fennel, Sliced thin

1 Tbsp Honey

1/4 tsp Kosher Salt

1/4 tsp Ground Black Pepper

### METHOD:

Use dinosaur or Tuscan kale. Remove stems and chiffonade; cut into thin strips. Place in a bowl and combine with olive oil, citrus juices and salt. Toss to combine and marinate for 2 hours.

Meanwhile, cook whole golden beets, either in the oven or boil until tender. Peel and cut into strips.

Add all ingredients together.

### CHEF'S NOTES:

Marinating the kale with citrus juices and salt softens or 'cooks' the vegetable.