

Grace's Simple Kale Salad

Here's a simple but flavorful raw preparation shared by a Yokna Bottoms CSA member that makes the most of kale's nutritional content.

1 bunch Yokna Bottoms kale, sliced
into thin strips

½ c. grated Parmesan cheese

1 c. bread cubes, rustic Italian would
be nice

Juice of one lemon

¼ c. olive oil

One clove Yokna Bottoms garlic,
minced

Salt and pepper to taste

Directions:

- Bake bread cube at 325 degrees until brown, about ten minutes.
- In a small container, mix lemon juice, olive oil, minced garlic, and salt and pepper to taste.
- Pour dressing over sliced kale and toss to coat evenly.
- Sprinkle on Parmesan cheese and croutons.
- Enjoy! 