

Kale Salad with Parmesan

1 ½ tablespoon lemon juice
2 green onions, chopped
1 teaspoon honey
½ teaspoon kosher salt
½ teaspoon crushed red pepper
12 ounces kale, stems removed, leaves shredded or finely chopped
2 tablespoons extra-virgin olive oil
2/3 cup sliced almonds
½ cup golden raisins
2 ½ ounces Parmesan, shaved with a peeler

Directions:

In a bowl, whisk juice, green onions, honey, salt and red pepper. Add kale, toss well. Let sit 20 minutes. Mix in oil. Refrigerate for up to 1 day, or serve immediately. In a dry pan, toast almonds over medium heat, tossing constantly, until color deepens, 1 to 2 minutes. Add almonds, raisins, and Parmesan to kale, serve.

Serves 6

Nutrient Analysis, per serving: 240 calories, 51g. carbohydrate, 10g. protein, 11g. fat, 304mg. sodium