Lemony Kale Salad
Serves 4

Ingredients:
1 lemon – zest* plus 2 tablespoons juice
2 tablespoons olive oil
1 clove garlic, minced
¼ teaspoon sugar
Pinch ground pepper
Pinch salt
6 ounces kale, stems removed and chopped (about 4 cups)
¼ cup unsalted roasted sunflower or pumpkin seed kernels
¼ cup sliced scallions (about 1 or 2)
2 tablespoons grated parmesan cheese

Directions:
1. In a large serving bowl, whisk together first 6 ingredients for the dressing.

2. Add kale, sunflower seeds, scallions, and parmesan cheese.

3. Mix salad with clean hands to completely coat leaves. Serve.

Recipe Note:
1. Two ways to zest a lemon: 1. Use a citrus zester or Microplane zester to grate the zest (the yellow, flavor-filled part of the peel). 2. Use a vegetable peeler or a paring knife and carefully cut the zest off in strips; mince into fine pieces.

Nutritional Information per serving:
Calories: 177 Carbon Hydrates: 8g
Total Fat: 13g Cholesterol: 5mg
Saturated Fat: 2g Dietary Fiber: 2g
Protein: 6g Sodium: 209mg