



**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263

Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org

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	Carbohydrates: 8g
Total Fat: 13g	Cholesterol: 5mg
Saturated Fat: 2g	Dietary Fiber: 2g
Protein: 6g	Sodium: 209mg