

Enjoy!

## WILTED KALE SALAD

### MATERIALS

Bowls (1 large, 1 small)  
Whisk

### YIELD

Four 1-cup servings

### INGREDIENTS

4 cups kale, raw  
2 tablespoons lemon juice  
2 tablespoons olive oil  
1/2 teaspoon salt  
2 teaspoons honey  
1/2 teaspoon black pepper  
1 cup mango, diced  
2 tablespoons toasted walnuts  
1/2 cup dried cranberries

DISH: **SIDE**

FOOD GROUP(S):  
**VEGETABLE, FRUIT**



### NUTRITION FACTS PER SERVING

Calories: 135, Total fat: 7g, Sodium: 214mg, Cholesterol: 0mg,  
Total carbohydrates: 20g, Fiber: 2g, Protein: 2g

## DIRECTIONS

1. In a large serving bowl, add the kale, half of the lemon juice, a drizzle of oil, and little salt.
2. Massage until the kale starts to soften and wilt, 2 to 3 minutes.
3. Set the kale aside while you make the dressing.
4. In a small bowl, whisk the remaining lemon juice with the honey and ground black pepper. While whisking, stream in the remaining oil until the dressing emulsifies.
5. Pour the dressing over the kale.
6. Add the mango, walnuts, and cranberries.
7. Toss and serve.

## CHEF'S NOTES

### *How to cut a mango*

1. Always wash the mango before cutting.
2. A mango has one long, flat seed in the center of the fruit. Stand the mango on your cutting board, stem-end down, and hold.
3. Place your knife about 1/4 inch from the widest center line and cut down through the mango.
4. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the "cheeks." What's left in the middle is mostly the mango seed.
5. Cut parallel slices into the mango flesh, being careful not to cut through the skin.
6. Turn the mango cheek 1/4 rotation and cut another set of parallel slices to make a checkerboard pattern.
7. Either "Slice and Scoop"—scoop the mango slices out of the mango skin using a large spoon—or "Inside Out"—turn the scored mango cheek inside out by pushing the skin up from underneath—and scrape the mango chunks off the skin with a knife or spoon. Hint: If you are making a recipe that calls for diced mango (like this one), make your cuts in step 5 closer together. The result is small pieces of diced mango and no need to cut the mango pieces further.

### *Benefits of Kale*

- ▷ Kale is high in beta carotene, vitamin K, vitamin C, and rich in calcium. It is a source of two carotenoids, lutein, and zeaxanthin.
- ▷ Kale, as with broccoli and other brassicas, contains sulforaphane (particularly when chopped or minced), a chemical with potent anti-cancer properties.