

KALE SALAD WITH BRUSSEL SPROUTS AND LIMA BEANS

INGREDIENTS

- 1 HEAD OF RED KALE
- SALT AND PEPPER, TO TASTE
- 8 OUNCES OF BRUSSEL SPROUTS, HALVED
- 1 CAN OF LIMA BEANS
- 2 TBSP. OLIVE OIL
- 2 CLOVES GARLIC, MINCED
- 1 TSP. LEMON JUICE
- 1/2 TSP. BALSAMIC VINEGAR
- 1/4 CUP PARMESAN CHEESE, GRATED

PREPARATION

1. Wash the kale and chop into medium sized pieces.
2. Transfer to a salad bowl, dry with a paper towel and add salt and pepper to taste. Mix well and set aside.
3. Steam the brussel sprouts until cooked through but remain somewhat crisp and green. Transfer to a bowl.
4. Open the can of lima beans, drain the liquid and rinse.
5. Heat the oil in a large skillet over medium heat. Add the garlic and sauté until it begins to brown.
6. Mix in the kale and lima beans and cook for 30 seconds.
7. In a bowl, mix the lemon juice and vinegar. Sprinkle on top of the kale. Mix well.
8. Add the sautéed vegetables and Parmesan cheese to the kale. Mix well and serve.