




Blanched Kale With Lemon



Yield: 6 servings

Ingredients

12 cups raw kale, washed and trimmed, cut into 2-inch pieces
1 teaspoon kosher salt
3 tablespoons lemon juice, fresh
½ teaspoon red pepper flakes

Instructions

1. In a large pot, bring 4 cups of slightly salted water to a simmer.
2. Submerge kale and gently blanch until crisp-tender. Drain and return kale to pot.
3. Add lemon juice and the red pepper flakes.
4. Toss and enjoy as a side or serve with the Wild Rice Salad With Apple and Pomegranate.

Presented by
Culinary Medicine

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X22557 FY19.11.70.A-3 (with punch) © Spectrum Health 03.2019



Nutrition Information **Serving Size: 1 cup**

Calories: 19 | Total Fat: 0 g | Saturated Fat: 0 g | Sodium: 367 mg
Total Carbohydrate: 4 g | Dietary Fiber: 1 g | Sugars: 1 g | Protein: 1 g

Recipe created by and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.