

Citrus Kale Salad

Makes 2-4 servings

Ingredients:

1 large bunch of Tuscan (flat leaf) kale	1 cup cooked and cooled quinoa
3 'sweet' citrus like oranges	3 Tbsp olive oil
1 'sour' citrus like lemon or lime	1 cup shredded carrots
1 small red onion	1/2 cup sliced almonds
	Salt and pepper to taste



Instructions:

1. Wash **kale** and pat dry. Carefully remove large ribs and reserve for another use. Cut kale into bite-sized pieces. Do not tear. Transfer to a large salad bowl. Add 1 Tbsp **olive oil** and with clean hands, massage oil into kale leaves for 2-3 minutes. Set aside.
2. Wash and dry **citrus**. Using a chef's knife, remove the peel, exposing the colorful fruit within. Set aside 1 'sweet' and the 'sour' piece of citrus for the dressing. Cut the remaining 2 pieces of citrus into slices or rounds—whatever you choose! Add **citrus and cooked & cooled quinoa** into the salad bowl with the kale.
3. Halve and thinly slice **red onion** until you have 1/3 cup. Add to salad with **shredded carrots** and toss well.
4. Make the dressing: juice the remaining 2 pieces of **citrus** into a small bowl. Add 2 Tbsp **olive oil** and whisk for a few seconds until blended. Season dressing with **salt and pepper** to taste. Add dressing to salad and toss well. Top with **sliced almonds** and serve.

Meg Whitbeck MS RDN—mwhitbeck@ridgefieldvna.org

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Tomato & Rye Panzanella

Makes 4 Servings



Ingredients:

- | | |
|--------------------------------|---|
| 1/2 pound loaf of rye bread | 1/4 tsp each salt & pepper (or to taste) |
| 1/4 cup plus 2 Tbsp olive oil | 1/2 lb tomatoes, washed & cut into small wedges |
| 1 tsp garlic powder (optional) | 1/2 cup basil leaves, washed and torn into pieces |
| 1 Tbsp red wine vinegar | 3/4 cup mild cheese (ex: Havarti, Fontina), cut into 1-inch cubes |

Instructions:

1. Preheat oven to 350°F. Slice bread and cut into 1-inch cubes. On a rimmed baking sheet, toss cubed bread with 2 Tbsp olive oil until evenly coated. Sprinkle garlic powder onto oiled bread. Spread into a single layer on the cookie sheet and toast for 10-12 minutes. Let cool.
2. In a large salad bowl, whisk together 1/4 cup olive oil, vinegar, salt and pepper. Add tomatoes, basil and cheese and toss gently until coated.
3. Gently fold in the toasted and cooled bread cubes. Serve immediately.

You can adjust the flavor of this salad by swapping the type of bread, vinegar and/or cheese used. Swap out the basil for another herb, too. Use this recipe as a template and have fun coming up with your own Panzanella creation.

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