

Kale Salad with Parmesan & Walnuts

½ cup walnut halves

¼ cup dried cranberries

1 Tbsp. white wine vinegar

1 Tbsp water

¼ cup panko bread crumbs

1 garlic clove, minced

3 Tbsp. olive oil

2 cups Kale, washed, and chopped

¼ cup parmesan cheese shavings

Juice of 1 lemon

1. Prepare walnuts: Heat oven to 350 degrees. Toast on a baking sheet for about 10 minutes. Allow to cool.
2. Prepare cranberries: In a small saucepan over low heat, bring white wine vinegar, water, and cranberries to a simmer for at least 5 minutes.
3. Prepare breadcrumbs: Toast breadcrumbs, minced garlic, and 1 Tbsp of olive oil in a skillet, cast iron works great.
4. Put prepared kale in a bowl and add walnuts, cranberries. Add remaining olive oil and juice of the lemon. Toss to coat kale. Add shaved Parmesan cheese and breadcrumbs just before serving and toss again. Enjoy.