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Marinated Kale Salad with Shaved Asparagus, Olives, and Orange Zest SERVES 4

Marinating kale softens its texture, which helps if you find kale chewy or tough. Unlike other salad greens, dressed kale can be stored for up to three days in the fridge, making it a great leftover for a fast lunch or healthy afternoon snack.

One 10-ounce bunch kale, blue dwarf, curly, or lacinato, stems trimmed	2 oranges	½ teaspoon hot or mild paprika
1 tablespoon extra-virgin olive oil	1 pound asparagus, trimmed	½ cup sliced almonds
	½ cup assorted olives, pitted and chopped	

Tear the kale leaves and place them in a large bowl along with the olive oil. Squeeze the leaves with your fingers, crushing the kale to tenderize it, for about 1 minute.

Using a microplane grater, finely grate the zest of 1 of the oranges and transfer the zest to the bowl with the kale.

Shave the asparagus using a potato peeler or mandolin. Add the asparagus to the bowl with the kale along with the olives and paprika and toss well. Refrigerate the salad for at least 1 hour.

Just before serving, prepare the oranges. Using a sharp paring knife, remove the orange peel and white pith and thinly slice the oranges. Divide the salad among four plates and top with the orange slices and almonds.

NUTRITIONAL STATS PER SERVING (2½ CUPS):

205 Calories ❖ 8g Protein ❖ 23g Carbohydrates ❖
12g Fat (1g Saturated) ❖ 0mg Cholesterol ❖
10g Sugars ❖ 7g Fiber ❖ 157mg Sodium
Vitamin K = 699% ❖ Vitamin C = 169% ❖
Vitamin A = 86% ❖ Fiber = 28% ❖
Iron, Thiamine = 27%

Try using leftover salad in a high-fiber wrap with a tablespoon of mayo or slice of cheese, which makes for a delicious, nutrient-dense lunch.