

All Hail Kale

Make Christine Avanti's Killer Kale Salad



When you think about kale, you think — okay, nobody actually thinks about kale. But maybe it's time you should!

Kale is one of winter's most wonderful greens, packed with powerful anti-oxidants and a bevy of vitamins. We sat down with celeb chef and nutritionist **Christine Avanti** to get her tasty take on the leafy green!

Although often overlooked, kale is a powerhouse — it's like the Oprah of veggies. Similar to broccoli, kale contains sulforaphane, a chemical said to have potent anti-cancer properties, and healthy doses of Vitamins A, C, and zinc. Kale is also packed with Lutein and zeaxanthin which, according to two Harvard studies, help protect eyes and reduce the risk of **macular degeneration**. (We don't know what any of these words mean.)

Maybe best of all, Christine says that kale is full of manganese, which improves thyroid function to help you stay lean.

Today, Christine has created an easy but delicious **Tuscan Kale & Cannellini Salad** — perfect for dinner tonight!

Ingredients:

- *1 bunch of kale, washed*
- *½ cup cannellini beans*
- *½ cup croutons, crumbled*
- *½ cup cherry tomatoes, halved*

- *1 clove garlic, minced*
- *¼ teaspoon sea salt*
- *¼ cup Parmesan cheese, grated*
- *¼ cup extra virgin olive oil*
- *Juice of 1 lemon*
- *¼ teaspoon red pepper flakes*
- *¼ teaspoon anchovy paste*

Cut kale into $\frac{3}{4}$ inch ribbons and set in a large bowl.

Using the back of a spoon, mash garlic with sea salt until it becomes a paste.

Add Parmesan, olive oil, lemon juice, red pepper, and anchovy paste. Whisk to combine. Add salt and pepper to taste.

Add dressing to kale, toss well, and let sit for five minutes, so the lemon juice can soften the kale. Next, add beans, tomatoes, and croutons and toss. Next, eat.

Just 165 calories, 12 grams fat.

For more of Christine's amazing recipes [visit her website!](#)

xx, The FabFitFun Team

