



All Great Meals Begin With
Rulli Bros.
M A R K E T S

Casey's Kale Salad

Serves 4-6

Ingredients

- 1 Bunch Kale leaves (approximately 8-10)
- ½ cup sun dried tomatoes
- ½ cup toasted pecans
- ⅓ cup extra virgin olive oil
- 3 tblsp. Sherry vinegar
- ½ cup grated Romano cheese
- Salt and pepper to taste

Preparation

Wash and dry Kale leaves. Remove center stem. Roll leaves and chop finely into thin ribbons. One bunch of kale will yield 4-6 cups of shredded Kale.

Place Kale into large bowl. Chop sun dried tomatoes into bite size pieces, add to Kale.

Drizzle olive oil over kale and sundried tomatoes and mix thoroughly. Drizzle Sherry Vinegar over salad and toss again. Add grated Romano and chopped pecans and toss again. Salt and pepper to taste.



For more information please visit - CaseyMaloneShow.com