



# Kale Salad

## with Benne Seeds and Garlic-Kale Vinaigrette

### Ingredients:

*For the Salad*

Raw curly kale	2 cups
Whole radishes	4 each
Sesame seeds	1.5 tsp.
Parmesan cheese	Optional

*For the Garlic-Kale Vinaigrette*

*(Makes 16 oz. or 2 cups)*

Red wine vinegar	½ cup
Honey	¼ cup
Garlic, chopped	3 tbsp.
Brown mustard	¾ tsp.
Salt	¼ tsp.
Olive oil	½ cup

### Preparation:

*Prepare the Salad:* Wash and chop kale and slice radishes.

*Prepare the Garlic-Kale Vinaigrette:* Puree all the ingredients except the oil in a food processor. Drizzle oil to emulsify. Season to taste with salt.

Toss salad in a large mixing bowl with 4 oz or ½ cup of dressing and top with sesame seeds. Add parmesan cheese to taste.

Serves 4.

**Nutrition per serving:** 152 calories, 11.8 g fat (1.5 g sat fat), 7.6 g carb, 4.7 g protein, 0 mg cholesterol, 163.4 mg sodium

### *Recipe Makeover*

*We reduced the saturated fat and the percentage of calories from fat in the original recipe by making the Parmesan cheese optional. Using fat-free Parmesan would give you the same effect.*

Learn more at [Mindful.Sodexo.com](http://Mindful.Sodexo.com)

## ***Benne Seeds: The Original Sesame Seed***

**History:** The benne seed was brought to the Lowcountry from West Africa in the 1700's. It was thought to hold the secrets of health and good luck. Over time, this original seed has been cultivated into the more familiar sesame seed. Today, it is the key ingredient in the benne wafer, a cookie unique to the Charleston area!

**Nutrition Information:** Sesame seeds are valued for their oil which is resistant to spoiling. They are very high in copper and also have high levels of manganese, calcium, magnesium, iron, phosphorus, vitamin B1, zinc, molybdenum, and selenium. Sesame seeds are also a good source of fiber.