

CURLY KALE SALAD WITH LE GRUYÈRE AOP



Time
15min



Servings
1

Calcium Recommended Daily Intake
31%

Calories
490

Calcium
408mg

Protein
10g

Vitamin D
6 IU

Ingredients

- 62g curly kale
- 25g Le Gruyère AOP Réserve
- 3 gold-fashioned mustard
- 10g malt paste (bio)
- 20g white wine vinegar
- 2g of lemon juice
- 35g olive oil
- pinch of pepper
- pinch of salt

Instructions

1. Tear the kale into bite-sized pieces and wash.
2. Blend the mustard with the malt and mix with salt and pepper.
3. Add the vinegar and lemon juice and pour the oil over to mix.
4. Mix the curly kale in with the vinaigrette and knead it well with your hands.
5. Before serving, grate a generous portion of Le Gruyère AOP Réserve over the coated leaves and enjoy.

Tip: It is important to knead the kale by hand to lighten the structure and to improve the taste. There is a marked difference in taste if you do not knead the kale properly.



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<https://www.osteoporosis.foundation/patients/recipes>

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