**Recipe: Kale Salad**

**SERVINGS:** 4

**PREP TIME:** 15 MIN

**INGREDIENTS**
- 1/2 cup (2 ounces) Parmesan cheese, grated
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1/2 cup (2 ounces) walnuts, toasted and chopped
- 1 bunch kale
- 1/2 cup watercress
- 10 ounces thinly sliced kale
- 1/2 cup cherry tomatoes, halved
- 1/4 cup crumbled goat cheese

**DIRECTIONS**
- Thoroughly wash and dry the kale. Remove the woody stem and then chop or tear into small pieces.
- Toss all remaining ingredients with the kale.
- Serve immediately or refrigerate.