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## Kale Salad

### INGREDIENTS

4-5 cups chopped fresh kale  
3 1/2 Tbsp olive oil  
1 lemon juiced  
1 tsp of Italian seasoning  
1/4 cup of freshly grated parmesan  
1/4 cup of @watuseefoods bread crumbs (optional)  
1/4 cup of walnuts  
@parmcrisps to sprinkle of top

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### PREPARATION

- 1 In a large bowl, whisk together olive oil, lemon juice, Italian seasoning, salt and pepper
- 2 Add kale, parmesan and bread crumbs
- 3 Mix until the kale is evenly coated
- 4 Massage the dressing until the kale is soft and dark green
- 5 Top with @parmcrisps and walnuts
- 6 Serve immediately

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