



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 24th, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegars

Kale Salad

Ingredients:

- 6 cups chopped kale
- 2 oz. Asiago cheese, finely shredded
- 2 large navel oranges, segmented
- 1 large beefsteak tomato, chopped

Dressing:

- 1 part D'Avolio Red Wine Vinegar
- 2 parts D'Avolio Koroneiki Extra Virgin Olive Oil

Directions:

Combine all ingredients in a large bowl. Mix red wine vinegar and olive oil in a separate bowl and whisk together until well combined. Lightly dress kale salad and toss to evenly coat.

Nutrition Facts	
Serving Size: 1 serving (123.8g)	
Servings: 8	
Amount Per Serving	
Calories 130	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	
Vitamin A 40%	• Vitamin C 140%
Calcium 20%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

