



## Radicchio & Kale Chopped Salad

2 servings

20 minutes

### Ingredients

4 Egg  
84 grams Kale Leaves (finely chopped)  
60 milliliters Lemon Juice (divided)  
30 milliliters Extra Virgin Olive Oil (divided)  
80 grams Radicchio (chopped)  
5 grams Dijon Mustard  
Sea Salt & Black Pepper (to taste)  
75 grams Cherry Tomatoes (halved)  
30 grams Walnuts (chopped)

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat and keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Drain the hot water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and chop the egg and set aside.
- 2 Meanwhile, place the kale in a large mixing bowl and add half of the lemon juice and half of the oil. Massage the kale for one to two minutes until wilted and tender. Mix in the radicchio.
- 3 In a small bowl combine the remaining lemon juice and oil with the Dijon mustard. Season with salt and pepper to taste.
- 4 Divide the kale mixture between plates or bowls and top with the tomatoes, walnuts, and chopped egg. Drizzle the dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Omit the walnuts or use pumpkin seeds or sunflower seeds instead.

**Additional Toppings:** Add grated carrots, green or red onion, bell pepper or cucumber.

**Make it Vegan:** Omit the egg and top with chickpeas, lentils, or marinated tofu instead.