



your health

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Shred kale and let it rest in vinaigrette. MICHELLE DUDASH

Grape expectations for autumn salads

California grape season is in full swing. I keep grapes on hand for snacking, but with their sweet, juicy pulp and astringent, tannic skins, they also make a delicious addition to salads and many other dishes.

I recently attended a media luncheon hosted by the California Table Grape Commission and had the pleasure of seeing Food Network star and registered dietitian Ellie Krieger, who is a fan and spokesperson for grapes. The inspiration for this salad that I created stems from the recipes I tasted that day.



MICHELLE DUDASH
HEALTHY DISH

For the kale, the key to including it in salads is to shred it thinly and allow it to rest 15 minutes in the vinaigrette, as salt and acid tenderize the hardy leafy green. Just one cup of chopped, raw kale provides more than 130 percent of daily requirements for vitamin C and 10 percent for calcium, plus fiber, potassium and iron, making it an incredible value at only 35 calories.

Michelle Dudash of Scottsdale is a registered dietitian and Le Cordon Bleu-trained chef. Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.

Kale, Grape and Walnut Salad With Parmesan and Red-Wine Vinaigrette

From Michelle Dudash

Vinaigrette

- 3 tablespoons plus 1 teaspoon red-wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or agave nectar
- 1/8 teaspoon garlic powder
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil

Salad

- 6 cups thinly sliced kale leaves, ribs removed
- 1 cup halved red or black grapes
- 1/2 cup walnut halves, lightly toasted (300 degrees for 15 minutes)
- 1/2 cup parsley leaves, tear larger leaves in half
- 1/4 cup shaved Parmesan cheese
- 1/4 teaspoon freshly ground black pepper
- 2 pinches salt

To make vinaigrette, whisk together vinegar, mustard, honey and garlic powder. Drizzle in oil while stirring.

To make salad, place kale in a large bowl, toss with vinaigrette and allow to rest for 15 minutes. Add grapes, walnuts, parsley, Parmesan, pepper and salt, tossing well. Serve immediately or up to a few hours later.

Makes 4 servings.

Nutrition per serving:

245 calories, 16 g total fat (2.5 g saturated fat, 0 trans fat), 235 mg sodium, 5 mg cholesterol, 18 g total carbohydrate, 3.5 g fiber, 10 g protein.