Super Kale-a-fragilistic Salad

This super salad is chock full of vitamins, minerals, Omega-3’s and and other heart healthy fats.

Serves 12

Ingredients

Salad
• 6 cups chopped kale
• 1 cup shredded carrot
• 1 cup purple or Chinese cabbage, finely chopped
• 1 apple, diced
• ¼ of a red onion, thinly sliced
• ½ cup chopped nuts (almonds, hazelnuts, walnuts or cashews)
• ½ cup dried cranberries
• ½ cup shelled edamame, thawed if using frozen
• ¼ cup unsalted sunflower seeds

Dressing
• ¼ cup oil (canola, olive, sesame)
• ½ cup cider vinegar
• 2 tablespoons honey
• ¼ teaspoon salt
• ¼ teaspoon black pepper

Directions

1. Place all salad ingredients in large bowl. Toss to mix.
2. Measure all dressing ingredients into small bowl and whisk together.
3. Drizzle dressing over salad and toss well to evenly coat salad.
4. Cover and refrigerate for at least 30 minutes before serving to allow dressing to soften the kale.

Nutrition Facts

Serving Size About 1 cup salad
Servings Per Recipe About 12

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 160</th>
<th>Calories from Fat 90%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
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<tr>
<td>Sodium</td>
<td>70mg</td>
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<tr>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
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</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat: Less than 65g, Sodium: Less than 2,400mg, Cholesterol: Less than 300mg, Carbohydrate: 300g, Dietary Fiber: 25g

Please note: nutritional values are approximate.

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