

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



Nutrition Facts

Serving Size 1 Cup |
Servings Per Recipe About 12

Amount Per Serving

Calories 160 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 3g

Vitamin A 100% • Vitamin C 80%

Calcium 6% • Iron 6%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

Salad

- 6 cups kale, chopped
- 1 cup carrot, shredded
- 1 cup purple or green cabbage, finely chopped
- 1 apple, diced
- ¼ cup red onion, thinly sliced
- ½ cup nuts, chopped (almonds, hazelnuts, walnuts or cashews)
- ½ cup dried cranberries
- ½ cup edamame, shelled
- 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. In a large bowl, combine kale, carrot, cabbage, apple, onion, nuts, cranberries, edamame and sunflower seeds. Toss gently to mix well.
2. In a smaller bowl, combine oil, vinegar, honey, salt and pepper.
3. Drizzle dressing over salad and toss well to evenly coat.
4. Cover and refrigerate for at least 30 minutes before serving to allow kale to soften.

