

Kale Salad

Yields: 4

Ingredients

- 6 Cups Raw Kale, destemmed
- 1/4 Cup Extra Virgin Olive Oil
- 3 Tbsp. Red Wine Vinegar
- 1/4 Cup Parmesan Cheese, grated
- 1/2 Cup Pecans, chopped
- 1/4 Cup Dried Cranberries

Directions

1. Chop handfuls of kale into small bite-sized pieces until all of the kale is chopped.
2. Place the chopped kale into a large mixing bowl and mix in the olive oil and red wine vinegar.
3. Let stand for 5 minutes to soften the leaves.
4. Combine the remaining ingredients, stir, and enjoy!

Tips

Allergen Modifications-

- For a nut allergy, omit the pecans or replace with sunflower or pumpkin seeds for a crunch.
- For a dairy allergy, omit the Parmesan cheese.

Preparation Modifications-

- To avoid chopping, purchase prepared items such as: baby kale, sliced pecans, and grated or shredded Parmesan cheese.

Calories per Serving: 355 Protein: 10g Carbs: 24g Fat: 27g
Trans Fat: 0g Fiber: 7g Sugar 11g Sodium: 150mg

