

## **Sweet and Tangy Kale Salad**

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 3 servings | Serving Size: 11/4 cups

## **Ingredients**

1 tablespoon extra-virgin olive oil

1 tablespoon apple cider vinegar

1 teaspoon Dijon mustard

½ teaspoon honey

4 cups kale leaves without stems, torn into bite-sized pieces

½ medium apple, chopped (about ½ cup)

¼ cup dried cranberries or dried cherries

¼ cup toasted nuts, chopped (e.g. pecans, walnuts, almonds)

Pinch-¼ teaspoon salt, to taste

Pinch-¼ teaspoon ground black pepper, to taste

## **Directions**

- 1. In a medium bowl, whisk together the oil, vinegar, mustard. and honey.
- 2. Add the kale and toss to combine, then use clean hands to massage the kale with the dressing for 2-3 minutes.
- 3. Add the apple, dried cranberries or cherries, and nuts. Toss to combine.
- 4. Add the salt and black pepper. Toss to combine.
- 5. Serve right away, or chill before serving if desired.

## **Recipe Notes**

- Consider adding 2 tablespoons crumbled feta cheese or blue cheese.
- This salad is best when eaten within 2 days.

Nutrition Facts Per Serving: Calories: 180 | Total Fat: 10 g | Saturated Fat: 1.5 g Sodium: 135 mg | Total Carbohydrate: 18 g | Dietary Fiber: 4 g | Protein: 5 g

Adapted from CookieAndKate.com | Submitted by Robin LaCroix, RD, CSO For more recipes, please visit <a href="https://www.nutrition.va.gov">www.nutrition.va.gov</a>

