



Sweet and Tangy Kale Salad

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

Yield: 3 servings | Serving Size: 1¼ 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](https://www.cookieandkate.com) | Submitted by Robin LaCroix, RD, CSO
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