



May 17- Kale Salad

Smart Snack

Link: <https://www.foodhero.org/recipes/kale-salad>

Recipe

Ingredients:

- 8 cups chopped kale
- 1 can (15 ounces) fruit in 100% juice
- ½ cup 100% juice, reserved from canned fruit
- 1 Tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup unsalted sunflower seeds

Directions:

1. Wash kale and pat dry. Remove rib from the middle of each leaf.
2. Chop or tear leaves into bite sized pieces and place in a large bowl. Drain and chop fruit if pieces are large. Add to kale.
3. In a small bowl, combine fruit juice, vegetable oil, salt, pepper and sunflower seeds. Mix well.
4. Add dressing to the kale and fruit to stir to combine. Cover and refrigerate for at least 1 hour before serving.

Yield 10 servings

Nutrition Facts	
Serving Size 1 cup (163.56g)	
Servings Per Container 10	
Amount Per Serving	
Calories 70	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	10%
Sugars 7g	
Protein 3g	6%
Vitamin A 280%	• Vitamin C 80%
Calcium 8%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	