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