

Kale Salad with Nuts and Seasonal Fruits

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4
Prep: 15 minutes

INGREDIENTS

- 4 cups kale, stem removed and thinly sliced
- 1/3 cup non-creamy salad dressing
- 1/3 cup chopped nuts
- 1 1/2 cups fresh fruit, diced (see options below)
- 1/3 cup dried fruit (optional)
- Fennel or celery, diced (optional)

DIRECTIONS

1. Place kale in large bowl. Add dressing and massage well with hands for about 2 minutes. Allow kale to sit for about 1 hour if possible.
2. Toss other ingredients with kale and serve.

Seasonal fruit options:

Winter	Citrus, apples, pears, pineapple
Spring	Apples, pineapple, strawberries
Summer	Apples, berries, cherries, nectarines, peaches, plums
Fall	Apples, cranberries, mango, pears, pineapple, berries



Nutrition Information

Serving size: 1 1/2 cups

Calories	247
Total fat	19 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	35 mg
Carbohydrates	17 g
Fiber	6 g
Sugars	Varies
Protein	6 g

Notes:

- Massaging kale helps tenderize it.
- Add chicken or tofu for extra protein.

Recipe source: Leah's Pantry