

Kale and Citrus Salad



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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Serves: 6

Prep: 10 minutes

INGREDIENTS

- 1 bunch kale, thinly sliced
- 1/4 cup 100% orange juice
- 2 tablespoons cooking oil
- 1 teaspoon sugar (optional)
- 1 clove garlic, minced
- Salt and pepper, to taste
- 1 heaping tablespoon low fat sour cream or plain yogurt
- 3 tangerines, mandarins or clementines, peeled and cut into chunks
- 1 jalapeno, seeded and diced
- 4 ounces of cheese (like feta or parmesan)

DIRECTIONS

1. Using a sharp knife, finely shred kale leaves.
2. Combine orange juice, olive oil, sugar (optional), garlic and salt and pepper to taste in a bowl. Mix well. Add sour cream or yogurt and mix until creamy.
3. Toss kale with half of the dressing. Add citrus and jalapeno slices. Add more dressing if needed.
4. Before serving add cheese.

Notes:

- Add chickpeas or chopped nuts for extra protein.
- Caution: When handling hot peppers, the oils can cause burning and skin irritations.



Nutrition Information

*Serving size: 1/6 of recipe
without added sugar*

Total calories	139
Total fat	9 g
Saturated fat	4 g
Cholesterol	18 mg
Sodium	321 mg
Carbohydrates	10 g
Fiber	2 g
Sugars	6 g
Protein	5 g

Recipe source: Pioneer Woman