



Kale Salad

4 servings

- 1 bunch fresh kale, washed and dried, stems removed
- 1 small onion, minced
- 4 tablespoons olive oil or sunflower seed oil
- Juice of 1 lemon
- Sea salt
- Black pepper
- Parmesan shreds (optional)
- Lemon zest as needed
- 2 tablespoons dried or roasted cranberries (peaches, nectarines, apples)
- 2 tablespoons walnuts or pecans (or hemp seeds)

Chop kale into small pieces and toss with onion, oil, lemon juice, salt and pepper. Massage the dressing into the kale to soften. Toss with parmesan shred, lemon zest, fruit and nuts.

Per Serving:

233 Calories
19 gm Total Fat
2 gm Saturated Fat
78 mg Sodium
16 gm Carbohydrate
3 gm Fiber
1 gm Protein