

Kale Salad

This kale salad is delicious and even with the dressing, it doesn't get soggy after a day or two in the fridge. It's great to make ahead of time and pack for lunches.

Recipe source: <http://realgirlskitchen.com/2011/10/21/rgk-cherry-kale-salad/>

Makes 4 servings

Price Per Serving: \$1.00

Prep Time: 10 minutes

- 1 bunch Kale
- 1/2 cup dried cranberries
- 1/2 cup nuts (e.g. almonds, walnuts)
- 1 tomato (or cherry tomatoes)
- 1 tablespoon olive oil
- 1/4 cup rice vinegar
- 1 tsp of onion flakes
- 1 tbsp of dijon mustard
- 1 tbsp of honey

Wash the kale and remove the leaves from the hard stems. Drizzle with olive oil and rub/massage the leaves with the oil for 1 minute to soften them. Combine the rice vinegar, honey, dijon mustard, and onion flakes and mix well. Place kale, tomato, dried cranberries, and nuts in a bowl and toss with the dressing.

Nutrition Facts	
Serving Size 167 g	
Amount Per Serving	
Calories 251	Calories from Fat 85
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 72mg	3%
Total Carbohydrate 39g	13%
Dietary Fiber 6g	22%
Sugars 24g	
Protein 7g	
Vitamin A 211% • Vitamin C 141%	
Calcium 15% • Iron 12%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	