

Fresh Kale and Vegetable Salad

Prep time: 20 – 30 minutes
Servings: 5 – ½ cup servings

Total time: 30 minutes



Ingredients

- 2 tablespoons fresh lemon juice
- 1 tablespoon cider vinegar
- 4 teaspoon olive oil
- 1 teaspoon maple syrup
- 2 teaspoons fresh ginger root, chopped
- 2 cups kale, chopped
- ½ cup cauliflower, chopped
- ½ cup broccoli, chopped
- ½ cup red cabbage, shredded
- ½ cup carrots, shredded
- ¼ cup fresh cilantro, chopped

Instructions

1. Combine lemon juice, vinegar, olive oil, maple syrup, and ginger in large bowl; whisk well.
2. Add kale, cauliflower, broccoli, cabbage and cilantro to dressing, toss to coat well.

Nutritional Information per serving: 60 calories, 4 grams total fat, (0.5 grams saturated fat), 20 milligrams sodium, 5 grams carbohydrates, 1 gram dietary fiber, 1 gram protein

Recipe Notes:

- You can purchase pre-cut cauliflower, broccoli and cabbage to save on chopping time.
- Kale is considered a nutritional powerhouse. It's rich in dietary fiber, magnesium, vitamin B6 and calcium, and an excellent source of antioxidant vitamins A, C, and K.
- To prepare kale, rinse under running water and shake off extra moisture. Pat dry with clean paper towels or spin in salad spinner. Tear leaves from stems, or fold each leaf in half, then cut away the leaf from the stems with a knife. Discard stems. Roll up the leaves to consolidate them for easy chopping and cut into thin ribbons.

