



Fresh Kale and Vegetable Salad

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| 2 Tablespoons fresh lemon juice | 2 cups kale, rinsed & chopped |
| 1 Tablespoon cider vinegar | ½ cup cauliflower, rinsed & chopped |
| 4 teaspoon olive oil | ½ cup broccoli, rinsed & chopped |
| 1 teaspoon maple syrup | ½ cup cabbage, rinsed & shredded |
| 2 teaspoon fresh ginger root,
chopped | ¼ cup fresh cilantro, rinsed &
chopped |

Directions

1. Wash hands. 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. *Makes 5 servings.*

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 ribbon

Nutritional Information per Serving: *60 calories, 4 grams total fat, (0.5 grams saturated fat), 0 milligrams cholesterol, 20 milligrams sodium, 5 grams carbohydrates, 1 gram dietary fiber, 1 gram protein*

University of Illinois Extension, Meals for a Healthy Heart Curriculum