



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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# Kale Salad with Grapes, Pecans and Feta



5 cups chopped kale, stems removed  
1 cup red grapes, halved  
1/4 cup chopped pecans, toasted  
1/4 cup crumbled feta cheese

*Dressing*  
2 Tablespoons fresh lemon juice  
2 Tablespoons olive oil  
1 teaspoon honey  
1 teaspoon Dijon mustard  
1/8 teaspoon salt  
1/8 teaspoon pepper

Instructions: Place kale in a large bowl. In a small bowl, whisk all ingredients for the dressing. Pour dressing over kale and using clean hands, massage the dressing into the kale (to help soften the kale). Toss with grapes, pecans and feta cheese prior to serving.

*Yield: 4 servings*

**Nutrition Facts** (per serving): 170 calories, 14 grams fat, 190 milligrams sodium, 12 grams carbohydrate, 2 grams fiber, 3 grams protein