

Kale is the Best!



Kale is the Star Salad

Serves: 4 | Serving Size: 2 cups

Ingredients:

1 bunch lacinato kale
6 cups raw baby kale
1 teaspoon olive oil
Juice from 1 lemon
1 cup shredded radishes
1 cup diced apples
1 tablespoon black sesame seeds
2 tablespoons light poppy seed dressing

Directions:

Remove the stems from the lacinato kale and rinse well. Place the undried lacinato kale in a covered container and steam lightly in the microwave for 30 seconds to 1 minute. The color will intensify and the leaves will be crisp tender.

Place the lacinato leaves on the plate as pictured. Toss the baby kale with the olive oil and lemon juice. Put it on a plate and top with the radishes and apples. Drizzle a thin ribbon of poppy seed dressing over the greens and add the black sesame seeds. Serve immediately.

Nutrition Information:

Serves 4. Each serving contains 157 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 2 mg cholesterol, 213 mg sodium, 27 g carbohydrate, 5 g dietary fiber, 9 g sugar, and 6 g protein.

Each serving has 464% DV vitamin A, 320% DV vitamin C, 23% DV calcium, and 16% DV iron.

Did You Know?

Kale is high in many different nutrients. It has tons of antioxidants, which protect your cells from free radical damage.

One cup of chopped kale has more vitamin C than an orange. A single serving of this salad has 320% of your daily value of vitamin C.

Kale plants don't die after the first frost -- they get sweeter! Kale is one of the heartiest leafy greens around and is grown all over the world.

Kale is a good source of fiber, manganese, and copper, all of which are key to good health!

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