

Kale Berry Salad

Entrée



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Serves: 6

Items Needed: cutting board, knife, bowl, measuring spoons

Ingredients:

- 1 bunch kale – (12 ounces)
- 3 lemons juiced
- ¼ cup olive oil
- 1 ½ cups fresh mixed berries (strawberries, blueberries, etc)
- Salt and pepper to taste
- Toasted sliced almonds- *optional*

Directions:

1. Separate kale from stem- cut out stem of kale or pull leaves off of stem
2. Slice kale into small ribbons- stack leaves, roll them tightly and slice along the roll
3. Run fingers through kale to separate ribbons
4. Mix olive oil, lemon juice, salt, and pepper if using in a bowl
5. Toss olive oil mixture over kale leaves; massage the dressing into the kale coating the leaves well
6. Add the berries into the bowl and mix into the salad
7. Let sit in refrigerator for at least 1 hour or up to 1 day
8. Prior to serving toss in parmesan or sliced almonds

Nutrition Information (per 1/6 of recipe):

Calories: 130 kcal Fat: 9 g Carbs: 11 g Protein: 2 g Fiber: 2 g Sodium: 25 mg