

Kale Salad

Ingredients

8 cups chopped kale (about 1 large head)
1 can (15 ounces) fruit in 100% juice (try pears, peaches, mandarin oranges, apricots, pineapple)
½ cup 100% fruit juice, reserved from canned fruit
1 Tablespoon vegetable oil
¼ teaspoon each salt and pepper
¼ cup unsalted sunflower seeds (optional)

Serving Size: 1 cup
Servings per recipe: 10
Prep time: 15 minutes

Cost per recipe: \$3.91
Cost per serving: \$0.39



Directions

1. Wash kale and pat dry. Remove rib from the middle of each leaf. Chop or tear leaves into bite-sized pieces and place in a large bowl. Drain and chop fruit if pieces are large. Add to kale.
2. In a small bowl, combine fruit juice, vegetable oil, salt, pepper, and sunflower seeds, if desired. Mix well.
3. Add dressing to the kale and fruit and stir to combine. Cover and refrigerate for at least 1 hour before serving.
4. Refrigerate leftovers within 2 hours.



Notes

To soften the kale and improve flavor, before adding the fruit in step 1, rub the torn leaves together until the kale becomes dark green and fragrant, about 3 to 5 minutes, OR prepare the salad a day ahead and refrigerate.

Fresh, frozen and canned vegetables are all great ways to include vegetables in your meals and snacks! Here's how to get the most from each type:

- **Fresh**—Buy in season. This will often lower the cost and add freshness to the taste! Farmer's Markets are one way to buy produce in season. In grocery stores, sales often, but not always, coincide with the vegetable or fruit being in season.
- **Frozen**—Frozen is just as healthy as fresh! Frozen vegetables can be more budget-friendly when vegetables are out of season. Look for plain vegetables without added sauces or seasoning, which likely comes with added salt.
- **Canned**—Canned vegetables can save preparation time and money year round. Because canned vegetables are often high in sodium, look for and choose varieties with no salt added or low sodium indicated on the label.

Nutrition Facts

Serving Size: 1 cup (92g)
Servings per Recipe: 10

Amount per serving:

Calories 60 **Calories from Fat** 15
Total Fat 2g
Saturated Fat 0g
Trans Fat 0g

Sodium 80mg
Total Carbohydrates 10g
Dietary Fiber 2g
Protein 2g



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