Chopped Kale Salad with Apple and Honey Mustard Dressing
Serves 6

Ingredients

1 bunch kale, ribs removed, chopped into small pieces (about 6 cups)
1 medium apple, cored and chopped
½ cup dried cranberries
¼ cup chopped scallions
¼ cup chopped walnuts, toasted*

Dressing:
3 tablespoons olive oil
3 tablespoons cider vinegar or lemon juice
1 tablespoon Dijon mustard
1 tablespoon honey
¼ teaspoon salt
¼ teaspoon ground pepper

Directions

1. In a large bowl, combine chopped kale, apple, cranberries and scallions.
2. For the dressing, whisk together all ingredients.
3. Pour dressing over salad and toss well to coat kale leaves.

* To toast the nuts, place in a small, dry (no oil) saute pan over medium-high heat. Cook, stirring often, until nuts become fragrant and slightly browned.

Nutritional Information per 1 cup serving:
Calories: 159       Carbohydrates: 15g
Total Fat: 8g       Cholesterol: 0mg
Saturated Fat: 1g    Dietary Fiber: 2g
Protein: 4g         Sodium: 175mg