

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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