


Zesty Kale Salad



Ingredients: Yield 6 servings


- 4 Cups of chopped kale, stalks removed
- 1 Cup chopped cauliflower
- 1 1/2 Cup sliced strawberries
- 1/3 Cup slivered almonds
- 3 Tbsp. rice vinegar
- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. orange zest
- 1 Orange squeezed
- Salt to taste

Preparation: Combine first 4 ingredients in a large bowl. In a separate bowl, mix vinegar, orange juice, olive oil and salt. Drizzle over the vegetables and almonds mixture and toss. Garnish with orange zest.


Recipe adapted from Allrecipes.com

Nutritional information for 1 cup serving: Calories 160, Fat 11 gm, Fiber 3 gm, Cholesterol 0 mg, Sodium 220 mg.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
 Rev. 5/2013



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