



Eat Well

Kale and Spinach Salad

Directions

Wash kale and pat dry with towels to remove excess water. De-stem kale leaves and tear leaves into bite-sized pieces. Wash cucumber and dice. Wash raspberries or wash and remove seeds from pomegranate. Wash red onion and cut into thin slices. In large bowl combine the kale, spinach, raspberries or pomegranate seeds, feta cheese, cucumber, onion and almonds. Set aside. In a small bowl or salad dressing mixer, mix all salad dressing ingredients. Add dressing to the salad mixture and toss to combine. Serve immediately.

Alternative serving suggestions:

Use mixed greens that include spinach in place of only spinach. To increase protein, add a grilled chicken breast or salmon to this salad for a quick, well-balanced meal.

Nutrition Facts - Salad Mix: Serving size: 4, Calories: 162, Fat: 8.7g, Sodium: 296mg, Carbohydrates: 16g Protein: 9.3g and Fiber: 5.8g.

Nutrition Facts - Salad Dressing: Serving size: 4, Calories: 98, Fat: 10.5g, Saturated Fat: 1.5g, Polyunsaturated fat: 1.5g, Monounsaturated fat: 7.5g, Sodium: 177mg, Carbohydrates: 2g Protein: 0g and Fiber: 0g.

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Salad Mix Ingredients

- » 1 bunch Kale (4 c. chopped)
- » 10 oz. fresh spinach
- » ½ c. raspberries (during spring)
or ½ c. pomegranate seeds (during fall)
- » ½ c. feta cheese
- » 1 medium cucumber
- » ½ small red onion
- » ¼ c. sliced almonds

Dressing Ingredients

- » 3 tbsp. extra virgin olive oil
- » Zest of 1 medium lemon
- » 1 tbsp. fresh lemon juice
- » 1 tbsp. balsamic vinegar
- » ½ tsp. brown sugar
- » 1 tsp. Dijon mustard
- » ¼ tsp. kosher or sea salt
- » Fresh cracked black pepper, to taste

