

Kale Salad with Fruity Vinaigrette

Kale is all the rage and you'll if you give kale a try with this salad, you'll understand why!!! An intriguing salad with an extraordinary tasty flavor combination. This recipe is diabetic friendly and from Holly Clegg's *trim&TERRIFIC Eating Well to Fight Arthritis*.



INGREDIENTS -Makes 8 servings

Kale Salad

- 8 cups chopped kale, center ribs and stems removed
- 1 cup shredded red cabbage
- 1 apple, nectarine or fruit of choice, chopped
- 1/3 cup chopped pecans, toasted
- Fruity Vinaigrette (recipe follows)

Fruity Vinaigrette - Perfect blend of sweet and savory flavors.

- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1/4 cup apricot preserves
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard

PREPARATION

Kale Salad

1. In large bowl, toss together kale, cabbage, fruit and pecans. Toss with Fruity Vinaigrette (see recipe).

Fruity Vinaigrette

1. In bowl, whisk together all ingredients.

NUTRITIONAL ANALYSIS (per serving)

- Calories 145 cal
- Calories from Fat 52%
- Fat 9 g
- Saturated Fat 1 g
- Cholesterol 0 mg
- Sodium 44 mg
- Carbohydrates 16 g
- Dietary Fiber 2 g
- Total Sugars 7 g
- Protein 3 g
- Dietary Exchanges: 1/2 fruit, 2 vegetable, 2 fat

Terrific Tip: Look for pre-chopped kale in bags at the grocery for short-cut.

Nutrition Nugget: 1 cup of kale provides a whopping 5 grams of fiber, 15% of your daily calcium recommended intake, 180% of vitamin A, and 200% of vitamin C!