



Recipes

Salads

Colorful Kale Salad

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

2 large bunches of Lacinato kale, stems removed and leaves thinly sliced
2 cups shredded red cabbage (about 1 small head)
2 oranges, peeled and segmented
1/2 small red onion, thinly sliced
1 large red bell pepper, cored, seeded and thinly sliced
1/3 cup sunflower seeds
4 tablespoons Dijon mustard
1/4 cup freshly squeezed orange juice
1/4 cup balsamic vinegar
3 tablespoons olive oil
1/2 teaspoon ground pepper
Sea salt to taste

Directions:

1. In a large bowl, combine kale, cabbage, orange segments, onion, bell pepper and sunflower seeds.
2. In a small bowl, whisk together mustard, orange juice, vinegar, olive oil and pepper.
3. Pour over kale mixture and toss.