

Tuscan Kale & Apple Salad

Servings: 4



Nutrition Facts

4 servings per container
Serving size **2 cups (273g)**

Amount per serving
Calories 220

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 20g	
Includes 0g Added Sugars	0%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 2mg	10%
Potassium 333mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

- 2 Tbsp. fresh lemon juice
- 1 Tbsp. apple cider vinegar
- 1/8 tsp. salt
- 2 Tbsp. extra-virgin olive oil
- 1/4 cup dried cranberries
- 1 bunch Tuscan kale (also known as Lacinato or Dinosaur kale), stems discarded, leaves in bite-size pieces
- 1 head butter or Boston lettuce, in bite-size pieces
- 1/2 bulb fennel, cored, cut in slivers
- 2 stalks celery, finely sliced
- 1 small red apple (Empire or Gala), peel on, thinly sliced
- 1 small Granny Smith apple, peel on, thinly sliced
- 1/4 cup walnuts, “toasted” in dry skillet over low heat

Instructions:

1. To make the dressing, whisk the lemon juice, vinegar, and salt together in a small bowl. Whisk in the oil, then add the cranberries.
2. Place kale in a large bowl, drizzle with 1 tablespoon of the dressing and stir into the kale until the leaves soften. Add the lettuce, fennel, celery and both apples.
3. Toss with the remaining dressing. Serve, topped with the walnuts.