

# Kale & Fruit Salad



## **Ingredients:**

5—6 cups of fresh kale leaves (torn, washed)  
1/4 cup sliced red onion  
1/2 cup shredded carrots  
1 apple, julienned  
1 pear, julienned  
1/2 cup cranberries  
1/2 cup almonds or walnuts (optional)  
1/2 cup feta cheese crumbles

## **Dressing:**

1/2 cup olive oil  
1/4 cup apple cider vinegar  
3 tbsp. honey  
1/2 lemon (juice)  
1-3 garlic cloves (minced)  
1/4 tsp. crushed red pepper flakes

## **Preparation:**

De-stem kale and tear into small pieces. Place the kale, onion, carrots, apples and pears in a large bowl. Whisk or blend well olive oil, apple cider vinegar, lemon juice, honey, garlic and red pepper flakes. Pour dressing over the kale and other ingredients in the bowl. Mix and serve, add feta cheese crumbles to garnish.

\*Please note—the above pictured salad also contains pomegranate seeds for a holiday flare \*



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## Facts about Kale

### 1. It's not a new kid on the block

**Kale** is popular now, but people have been growing this super food for more than 2,000 years. Popular in Europe during Roman times and the Middle Ages, it arrived in the U.S. in the 17th century.

### 2. Powerhouse food

Kale is packed with **antioxidants** and other nutrients. Some research suggests that regularly eating vegetables in the cabbage family, like kale, helps lower the risk of certain cancers. Of course, many other things also affect your cancer risk.

### 3. Vitamins you get

One cup of chopped raw **kale** provides more than 100% of the recommended daily amount of vitamins A and K.

### 4. Kale's relatives

Kale belongs to the same family as cabbage, Brussels sprouts, and collards.

### 5. When it's best

For the best flavor, kale must be harvested after the first frost. This ensures that some of the starches have turned into sugars.

### 6. Colors of kale

Types of kale are marked by color (green, white, purple, or bluish green) and leaf shape.

Kale contains lutein, a nutrient that helps create the plant's color. Lutein helps keep eyes and vision healthy.

<http://www.webmd.com/diet/features/7-fun-facts-about-kale>

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