

Salad Plate

15 minutes



Kale Salad with strawberries

INGREDIENTS

4 cups of baby kale
 1/2 avocado, cubed
 8 large strawberries, washed, hulled and sliced
 2 spoons of sliced almonds, toasted if desired

Dressing

juice of 1/2 lemon (about 2 teaspoons)
 1 teaspoon extra virgin olive oil
 1/4 teaspoon Dijon mustard
 1/4 teaspoon honey
 1/8 teaspoon salt
 1/8 teaspoon freshly ground black pepper

INSTRUCTIONS

Assemble the salad ingredients up to the strawberries. Mix the dressing ingredients in a small bowl. Pour the dressing over top then sprinkle with the almonds.

This makes two smaller salads or one large salad.

SERVINGS

2 people

more information:
jjelletier@salem.com
 978-619-5604
mimsalem.org
salemmainstreets.org



Salem Main Streets

NUTRITIONAL INFORMATION (per serving)



4.1	g of total fat
2.9	g of total protein
4.5	g of dietary fiber
24.7	g of total carbs

Key words

kale, strawberries, almonds, lemon

Kale is truly one of the most nutritious vegetables you can eat. It's extremely high in vitamin K, A, C and magnesium.