

Kale Salad with White Bean Vinaigrette

Serves 6



Ingredients:

For the vinaigrette:

- Zest and juice of 1 lemon
- 2 teaspoons spicy brown or Dijon mustard
- 1 shallot, minced
- ¼ cup low-sodium white beans (cannellini, great Northern, navy, or other), drained and rinsed (reserved from salad ingredients)
- ⅓ cup extra-virgin olive oil
- ¼ teaspoon black pepper

For the salad:

- 2 bunches dinosaur or Lacinato kale, stems removed, and leaves cut into thin ribbons
- ½ red onion, thinly sliced
- 2 medium carrots, grated
- (1) 14.5-ounce can low-sodium white beans (cannellini, great Northern, navy, or other), drained and rinsed, with ¼ cup reserved for the vinaigrette

Instructions:

1. For the vinaigrette, place all of the ingredients into a blender or a container with high sides if using an immersion blender. Blend and purée until smooth. Taste and adjust seasoning, if necessary.
2. Place the prepared kale in a large bowl and add about half of the dressing. Using gloved hands, massage the kale by squeezing and pressing the vinaigrette into the leaves for 30-60 seconds. The kale will become softer and more tender. Add more vinaigrette, as needed.
3. Once the kale is softened, mix in onions, carrots, and the remaining white beans.
4. Serve immediately or refrigerate for up to 3 days.

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Nutrition Facts

Serving Size 1 × 6 Serving

Amount Per Serving

Calories 252.2

% Daily Value*

Total Fat 18.9 g 24 %

Saturated Fat 2.6 g 13 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 266.7 mg 12 %

Total Carbohydrate 17.7 g 6 %

Dietary Fiber 7.2 g 26 %

Total Sugars 2.4 g

Added Sugars 0 g 0 %

Protein 5.1 g

Vitamin D 0 mcg 0 %

Calcium 118.2 mg 9 %

Iron 1.9 mg 10 %

Potassium 383.8 mg 8 %

* The % Daily Value (DV) 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.

Full Info at cronometer.com

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