

Kale Salad with Pear and Walnuts



Ingredients

1 bunch kale
1 fresh lemon juiced and zest
2 1/2 Tbsp olive oil
1/2 tsp honey
1/2 tsp kosher salt
2 chopped pears or apples
2 Tbsp chopped walnuts
Black pepper, freshly ground to taste

Instructions

Instructions: Strip the leaves from the stems of kale; discard stems. Cut the kale leaves into very thin ribbons. In a small bowl, whisk together lemon zest, lemon juice, olive oil, honey, and kosher salt. Toss dressing with kale. Knead kale with clean hands until it is softened and reduced in volume. Add pears, walnuts and freshly ground black pepper.

Nutrition Information Per Serving

Serves 4
Calories: 231
Fat: 15 gm
Saturated Fat: 3 gm
Sodium: 325 mg
Fiber: 4 gm
Carbohydrates: 22 gm
Protein: 7 gm
Cholesterol: 9 mg