

Kale Bration Salad



Ingredients

12 cups kale, chopped
1 red onion, chopped
3 apples, sweet, chopped
4 Tbsp honey
4 Tbsp olive oil
2 cloves garlic, minced
1 tsp salt

1/2 cup pecans, chopped

Instructions

Mix oil, honey, minced garlic and salt. Pour over kale. Massage dressing on kale for 5 min (the kale should turn dark green and soften up) Mix in onions and apples. Top with chopped pecans.

Nutrition Information Per Serving

Serving Size: 1 cup
12 servings
Calories: 150
Fat: 8 gm
Sodium: 220 mg
Fiber: 4 gm
Carbohydrates: 20 gm
Protein: 4 gm
Sugar: 13 gm