

# Kale Bration Salad



## Ingredients

6 cups kale, chopped  
1/2 red onion, chopped  
2 apples, sweet, chopped  
2 Tbsp honey  
2 Tbsp olive oil  
1 clove garlic, minced  
1/2 tsp salt

1/4 cup pecans, chopped

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## 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  
6 servings  
Calories: 150  
Fat: 8 gm  
Sodium: 220 mg  
Fiber: 4 gm  
Carbohydrates: 20 gm  
Protein: 4 gm  
Sugar: 13 gm