

KALE- BRATION SALAD

Servings: 12

amount	unit	Ingredients:
12	cups	kale, chopped
1	each	red onion, chopped
3	each	apples, sweet, chopped
4	Tbsp	honey
4	tbsp	olive oil
2	clove	garlic minced
1	tsp	salt
0.5	cup	pecans, chopped

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.

Nutritional Information per serving:

Calories: 150; Carbohydrate: 20g; Fiber: 4g; Sugar: 13g; Protein: 4g; Fat: 8g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 220mg