



SWEET KALE SALAD

SUBMITTED BY: Stephanie Dunn, Administration - Diagnostic Imaging

This is one of my favorite salads to meal prep. It absolutely delicious, and stays perfect in the fridge for up to a week! Hope you enjoy!

DIRECTIONS:

1. Chop and combine the kale, cabbage, Brussels sprouts, and broccoli, onion in a large salad bowl.
2. Add all of the dressing ingredients into a pint-sized mason jar or other lidded container. Shake the dressing vigorously to combine well. Pour the dressing over the salad greens. Toss the greens around to coat it well in the dressing.
3. Sprinkle the cranberries and pumpkin seeds over the salad.
4. Lightly toss to combine.
5. Serve

INGREDIENTS:

Dressing

3 tbsp apple cider vinegar

2 tbsp freshly squeezed orange juice

1 tbsp lemon juice

¼ cup olive oil

1.5-2 tbsp maple syrup (or honey)

¼ tsp onion powder

1 tsp poppy seeds

¼ tsp salt

Salad

Large bunch of kale, chopped

¼ of a purple cabbage, shredded

1.5 cups brussel sprouts, shredded (or carrots, shredded)

1 head of broccoli, cut into bit-size pieces

¼ of a purple onion, sliced thin

¼ cup of toasted (or raw) pumpkin seeds

½ cup dried cranberries