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Kale Salad with Pomegranates and Lemon Vinaigrette

Ready In: 20 minutes

Serves: 6

Kale is one of the most nutrient-dense foods on the planet. Pomegranates offer potent anti-oxidant activity along with potassium to help manage blood pressure and walnuts offer omega-3 fatty acids to help quell inflammation and promote healthy blood vessels.

Ingredients

SALAD

- » 1 bunch Kale *de-stemmed and torn into small pieces*
- » $\frac{1}{2}$ cup Pomegranate Seeds
- » $\frac{1}{4}$ cup Walnuts *toasted*
- » 2 tablespoons Unsweetened Shredded Coconut

LEMON VINAIGRETTE

- » 2 tablespoons Olive Oil
- » 1 teaspoon Dijon Mustard
- » 1 clove Garlic *pressed or minced (or more, to taste)*
- » 1 Lemon *juiced*
- » 1 teaspoon Maple Syrup
- » of Salt *to taste*
- » of Black Pepper *to taste*

What you'll need

- » Small bowl
- » Measuring spoons
- » Large bowl
- » Whisk or fork
- » Measuring cups
- » Spatula or spoon

Directions



In a small bowl, whisk together oil, mustard, garlic, lemon juice, syrup, salt, and pepper.



Place kale in a large bowl. Drizzle one tablespoon of vinaigrette over kale. Use hands to massage dressing into leaves until tender and coated. Add more dressing if needed.



Add pomegranates, walnuts, and coconut and toss to combine.



Photo attribution: Mayra Reyes

Nutrition Facts	
Serving Size 1.00 cup	
Serving Per Container 6	
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Amount Per Serving	
<hr/>	
Calories 112	
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	% Daily Value*
Total Fat 9 g	12%
Saturated Fat 2 g	10%
Sodium 47 mg	2%
Total Carbohydrate 8 g	3%
Dietary Fiber 2 g	7%
Sugars <1 g	
Protein 2 g	
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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