

# Kale Salad

*Created by Chef Manual Rios III of Long Island Jewish Medical Center*

*Selected for you by Cleopatra Tsanis-Tsirnikas MS, RDN, CDN*



## Nutritional Benefits

Kale is high in calcium, potassium, and fiber. It is also high in vitamins A, C, K, folate, and B6. It is low calorie and can add a delicious crunch to your meal!

## Ingredients

1 head of kale  
1 pear  
1 shallot  
¼ cup pecan, toasted  
1 red onion  
1 cup extra virgin olive oil  
1/3 cup balsamic vinegar  
*Salt to taste*

## Instructions

1. Wash and chop the kale
2. Chop your shallot
3. Add the chopped shallot into the oil and vinegar
4. Dress your salad with the oil and vinegar. Make sure you massage the dressing into the salad. This will help make it tender.
5. Slice the pear and onion thinly
6. Add it to the salad
7. Toss all the ingredients together and season with salt and pepper
8. Garnish the salad with the toasted pecans

## Nutrition Facts per Serving

182 Calories, 13 g Total Fat (8 g Saturated Fat), 0 mg Cholesterol, 73 mg Sodium, 57 g Total Carbohydrate (12 g Fiber), 6 g Protein, 190 mg Potassium, 38 mg Phosphorus

**Serving Size:** 4oz

**Number of Portions:** 4

**Preparation Time:** 10 minutes

**\*Allergens:** nuts