



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Blueberry Kale Salad

Servings

6 servings

Ingredients

- 1 bunch kale (chopped)
- 3-4 carrots (julienned)
- 1 cup Craisins
- ¼ cup apple cider vinegar
- 2 tablespoons olive oil
- ½ tablespoon sugar
- salt and pepper to taste
- 1 small red onion (thinly sliced)
- 1 cup fresh blueberries



Directions

1. In a small bowl, stir together the vinegar, olive oil, sugar, salt, and pepper.
2. In a large bowl, combine kale, carrots, and Craisins.
3. Add dressing and toss salad until leaves are evenly coated.
4. Refrigerate 3 hours
5. Toss in blueberries and red onions and serve

Nutrient content per serving

- Calories- 162cals
- Carbs- 29g
- Protein- 2g
- Fat- 5g
- Sodium- 51mg
- Fiber- 4g

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