Wellness-Fitness
FEDERAL OCCUPATIONAL HEALTH

Kale Salad

Ingredients:

- Kale
- 1 apple, peeled and cut
- ½ purple onion, sliced
- Dried cranberries
- Roast sunflower seeds
- Olive oil
- Vinegar

Directions:

1. Wash and cut the kale.
2. Place it in a bowl with a 1/2 tsp of salt and massage for 5 minutes to relax the kale.
3. Add apple, onion, cranberries, and sunflower seeds.
4. Toss with olive oil and vinegar.

Shared by: Shelly Dunn

Registered Dietician Notes:

Calories: 77
Protein: 2 g
Carbohydrates: 10 g
Fat: 4 g