



Kale Salad Recipes

Apple and Berry Chopped Kale Salad with Citrus Basil Vinaigrette from Recipes Worth Repeating

Butternut Squash Kale Farro Salad from The Rustic Foodie

Feel Good Kale Salad from Pack Momma

Lemony Brussels and Kale Chiffonade Salad from Sapbette

Salmon Kale Superfood Salad Recipe with Lemon Vinaigrette

Produce

- kale (4 C) (3 C) (1 bunch)
- purple kale (4 C)
- sweet kale salad mix (12 oz bag)
- salad greens (2 C)
- strawberries (1.5 C)
- fresh blueberries (1 C) (1 C)
- raw broccoli (1 C)
- granny smith apple (1)
- green onion (1)
- avocado (1 T) (1/2)
- lemons (1/4 C juice + 1/4 t zest)(1 (1 T juice)
- oranges (1/4 C juice 1/4 t zest)
- butternut squash (1 C)
- garlic cloves (6)
- purple cabbage (2-3 slices)
- brussels sprouts (1/2 lb)

Herbs

- Cilantro and Parsley (1/4 C)
- fresh mint (4 sprigs)
- basil (1/4 C)

Spices

- garlic powder (1/4 t)
- pppp seeds (1 t)

Dairy

- parmesan cheese (garnish)
- crumbled goat cheese (8 oz)

Nuts & Dried Fruit

- silvered almonds (1/4 C)
- pumpkin seeds (2 T)
- dried cranberries (8 oz) (1/4 C)
- pecans (8 oz)
- raw cashews (1/2)
- pistachios (1/3 C)

Chicken & Salmon

- chicken breast (for salad)
- smoked salmon (4 oz)

Grains

- quick farro (1 C)
- quinoa (1/2 C)

Pantry Items

- honey (2 T)
- dijon mustard (2 T) (2 T) (1 T)
- olive oil (1/2 C) (2 T) (1 T)
- maple syrup (3 T) (1 1/2 T) (2 T)
- vegetable stock (2 T + 1/2 C)
- sweet corn (15 oz can)
- black beans (15 oz can)
- chickpeas (15 oz)
- apple cider vinegar (1 t)
- mayonnaise (1/4 C)