

Harvest Kale Apple Salad

This sweet and salty salad has a unique blend of flavors you will love!

Prep time: 20 minutes

Makes: 4 servings

Source: Broom-Tioga BOCES, Rural Health Network

Ingredients

- 4 cup raw kale
- 1 cup of raw apples with skin
- 2 tablespoons lemon juice (bottled or canned or freshly squeezed)
- 1/4 cup dried cranberries
- 2 tablespoons honey
- ¼ teaspoon table salt
- ½ teaspoon ground black pepper
- 2 tablespoons olive oil

Directions

1. Chop kale and dice apples
2. Toss apples in ½ tablespoon of lemon juice
3. Make dressing by combining the rest of the lemon juice, honey, salt, and pepper.
4. Slowly add in oil until dressing thickens.
5. Add dressing to kale and toss.
6. Add apples and dried cranberries to salad mixture.
7. Salad is best if made a day before serving

Utensils Needed

- cutting mats
- sharp knives
- measuring spoons
- large bowl
- small bowl
- mixing spoon
- measuring cups



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 1/3 cup

Nutrients	Amount
Calories:	160 g
Total Fat:	8 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	182 mg
Total Carbohydrates:	24 g
Dietary Fiber:	4 g
Total Sugars:	19 g
Added Sugars:	9 g
Protein	2 g

SHOPPING LIST

Average total cost without oil and seasonings: \$7.49

Average cost/serving: \$1.87

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Green Kale, 1 lb. (avg.)



Add 1 to Cart
Sweetened Dried Cranberries,
5 oz.



Add 1 to Cart
Medium apple, 7 oz. (avg.)



Add 1 to Cart
Honey, 12 oz



Add 1 to Cart
Lemon Juice, 4 fl. oz.

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips

- Kale with smaller leaves tend to be more tender and mild in flavor.
- Choose moist, not wilted/crisp kale that does not have small holes (signs of insect damage).
- Kale should be bright green in color with no yellowing or browning.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Fall Vegetable Salad
 - Massaged Kale Salad