



Massaged Kale, Strawberry, and Feta Salad

<u>U.S.</u>		<u>Metric</u>
6 cups	Kale, stems and ribs removed	400 g
3 cups	Strawberries, sliced	500 g
1 cup	Carrot, shredded	110 g
2 Tbsp	Feta, crumbled	14 g
1/2 cup	Olive Oil	120 mL
1/4 cup	Balsamic Vinegar	60 mL
2 Tbsp	Lemon Juice	30 mL
2 cloves	Garlic, minced	2 cloves
2 Tbsp	Basil, chiffonade (ribbon cut)	7.2 g
1/2 tsp	Salt, Kosher	3 g
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment.
2. Remove the fibrous ribs from the kale and rub the leaves together until they become tender and darken slightly.
3. Toss the strawberries, carrot, and feta with the kale and set aside.
4. In a separate bowl mix the olive oil, balsamic, lemon juice, garlic, basil, salt, and pepper.
5. Toss salad with dressing just before serving.

****Nutrition Facts on Reverse****

Nutrition Facts	
Serving size	1 cup
Servings	10
Calories	110
Calories from Fat	60
Total Fat	6.5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	3 mg
Sodium	181 mg
Carbohydrates	12 g
Dietary Fiber	2 g
Sugars	5 g
Protein	2 g
Vitamin A	268 %
Calcium	9 %
Vitamin C	133 %
Iron	6 %
Phosphorus	0 mg
