

KALE, ORANGE & ALMOND SALAD WITH MARMALADE DRESSING

INGREDIENTS

1 Bunch (about 5 cups)	Curly Kale
¼ cup	Apple Cider Vinegar
¼ cup	Extra Virgin Olive Oil
1 clove	Garlic, minced
1 tsp	Fresh Ginger, minced
1	Green Onion, finely chopped
2 tbsp	Matador Marmalade (or any store prepared Marmalade)
A pinch (1/8 tsp)	Salt
A pinch (1/8 tsp)	Black Pepper
1 large	Orange, peeled, segmented & cubed
½ cup	Roasted Almonds, chopped

METHOD

Remove and discard large center stem from kale leaves. Chop or tear leaves into bite-sized pieces and place in a large bowl.

Fill the bowl with water, covering the kale and swooshing leaves to remove dirt. Set aside to allow dirt to sink to the bottom.

In a separate bowl, combine vinegar, oil, garlic, ginger, green onion, marmalade, salt and pepper.

Carefully lift out the kale leaves from the water bath and place into a salad spinner or use a towel to dry.

Transfer kale to a serving bowl. Drizzle the dressing over the kale, and using both hands, massage the dressing into the kale by picking up handful of leaves and rubbing them together.

Massage leaves for 3 minutes. If the kale is still bitter, continue massaging for another minute or two, adjusting seasoning as needed.

Toss in the orange cubes and the almonds until coated well with dressing.

Divide salad between four bowls and serve.

NUTRITIONAL INFORMATION PER SERVING

RECIPE SERVES 4

CALORIES 280 | FAT 23G | PROTEIN 4G |
CARB 19G | FIBER 3G | CALCIUM 10% | IRON 6% |
VITAMIN A 45% | VITAMIN C 90%

GET THE
RECIPE HERE:



FUN FACTS:

Kale: One cup of kale has 130% of Daily Value of vitamin C, more than an orange.

Oranges: Oranges provide significant amounts of important anti-oxidants, such as beta-carotene. When choosing oranges at the grocery store, pick ones that are firm and heavy with no soft spots.