Baby Kale and Berry Salad

Ingredients:

- 2 cups fresh berries of choice
- 2 tablespoons balsamic vinegar
- 4 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard
- · 1 teaspoon lemon juice, freshly squeezed

- 8 cups baby kale leaves, washed and dried
- 1 dash black pepper
- 4 tablespoons sunflower seeds, roasted
- 3 tablespoons parmesan cheese, grated

Source: pinkribboncooking.com

Directions

- 1. Combine balsamic vinegar, extra virgin olive oil, Dijon mustard, and lemon juice in a large mixing bowl. Whisk until all ingredients are well combined.
- 2. Add kale and berries to bowl and toss until fully incorporated. Divide among 4 plates. Top with fresh cracked black pepper, sunflower seeds, and grated parmesan cheese.

Nutrition Facts

Serving Size (244g) Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 170

	% Daily Value*
Total Fat 19g	29%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	24%
Sugars 5g	

Protein 8g

Vitamin A 400%	•	Vitamin	С	240%

Calcium 25% • Iron 70%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

