

# 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

## 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 C** 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

