



Kale Waldorf Salad

Recipe Source: www.simplyrecipes.com

Serves 4

Ingredients:

5 Tbsp olive oil mayonnaise
2 ½ Tbsp water
1 ½ tsp smooth Dijon mustard
1 ½ tsp apple cider vinegar
1 bunch lacinato kale, tough ribs removed, sliced about 6 cups
1-2 sweet red apples, cored and diced
1 cup of sliced celery
1 cup halved red grapes
1 cup lightly toasted walnuts, coarsely chopped
Salt and freshly ground black pepper

Steps:

- For the dressing, whisk together the mayonnaise, water, mustard, and vinegar in a liquid measuring cup or small bowl. Set aside.
- Place the kale in a medium-sized bowl and sprinkle about ½ tsp salt over the leaves. Massage the kale until the leaves have turned a bright green and start to become tender, about 1-2 minutes.
- Add the apples, celery, grapes, and walnuts to the kale. Pour dressing over the salad and toss gently to combine. Season to taste with salt and pepper.

Tips from the Test Kitchen: The kale becomes more tender and less bitter as you massage it, so don't skip that step! This salad is better if it sits for an hour or two in the refrigerator before serving.

Nutritional Facts (Per Serving): Calories: 379, Carbohydrates: 21grams, Protein: 8 grams, Total Fat: 32 grams, Saturated Fat: 4 grams, Cholesterol: 6 mg, Sodium: 222 mg, Fiber: 5 grams, Total Sugars: 7 grams.