Kale Salad with Cumin-Lime Vinaigrette
4 Servings (1 cup)
Prep Time: 10-15 minutes

**Ingredients:**

**Salad**
- 1 large bunch kale
- 1 small red onion, finely sliced
- ¼ cup sultana raisins

**Lime-Cumin Vinaigrette**
- ½ cup extra-virgin olive oil
- Juice from 1 lemon
- ½ teaspoon cumin
- 1 tsp honey
- salt and pepper to taste

**Preparation:**

- Remove stems from kale and break into bite size pieces
- Whisk together olive oil, honey, lime zest and juice. Season to taste
- Add both to a large bowl and “massage” dressing into kale leaves for 1-2 minutes until tender
- Combine kale with red onion and raisins.
- Will keep in the fridge for up to a week

**Nutrition information** (per serving)
Calories 275 · Total fat 17 g · Saturated fat 2 g · Sodium 127 mg · Total carbohydrate 29 g · Potassium 113 mg · Dietary fiber 5 g · Sugars 6 g · Protein 3 g

**Tips from the Dietitian**
- Add lean protein such as chicken, fish, or lentils for protein, and a whole grain such as farro for a meal.
- Kale is a superfood for a reason - it is high in vitamins A, C, K, minerals, phytonutrients, & fiber.
- Making your own vinaigrette allows control of salt and sugar.
- Olive oil has consistently been shown to support heart health. Add nuts for additional heart-healthy fats and protein.

**Tips from the Chef**
- Massaging the kale breaks down proteins and softens the greens
- Dice kale stems and add to your salad for some crunch!
- Substitute spinach or other greens when in season, or fresh apple instead of raisins
- Try another dressing like lemon-miso-parmesan for a new flavor