

Kale, Pomegranate & Almond Salad



Servings: 4 (2 cup)

TOTAL TIME



DIFFICULTY



MODERATE



VEGETARIAN



GLUTEN-FREE



DAIRY-FREE

Preparation

1. Wash and pat dry kale leaves.
2. Cut the spine out of the kale leaves, stack and thinly slice into 1/4 inch shreds. Place kale in a large bowl.
3. Combine olive oil, lime juice and salt in a small bowl and whisk. Using your hands, toss this mixture with kale leaves to thoroughly coat.
4. Sprinkle pomegranate, almonds and raisins over kale and serve.

Nutrition Facts Per Serving

Calories	200
Fat	8g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	26g
Fiber	7g
Protein	8g

Ingredients

- 8 cups shredded or thinly sliced kale
- 1 tablespoon olive oil
- 2 tablespoons fresh lime juice
- 1/8 teaspoon salt
- 1 cup pomegranate seeds
- 1/4 cup raw slivered almonds
- 1/4 cup golden raisins

