



Ingredients

- ½ cup freshly squeezed lemon juice
- ¼ cup extra-virgin olive oil
- 2 teaspoons Dijon mustard
- salt and ground black pepper to taste
- 5 cups water
- 2 cups uncooked wild rice
- 1 teaspoon butter
- 4 cups sliced red cabbage
- 2 large red bell peppers - seeded, cored and chopped
- 2 bunches kale, leaves stripped from stems and torn into pieces
- ¼ lemon, juiced or to taste

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Fresh Kale Salad

12 Servings

Preparation time: 15 minutes

Cook time: 35 minutes

Ready in: 1 hour

Directions

1. Whisk ½ cup lemon juice, olive oil, Dijon mustard, salt and pepper together in a large bowl until dressing is smooth.
2. Bring water, wild rice and butter to a boil in a saucepan. Reduce heat to medium-low, cover and simmer until rice is tender, 30 to 45 minutes. Drain excess liquid and cook uncovered until water evaporates completely, about five minutes more. Stir rice and let cool slightly.
3. Combine cabbage, red bell peppers and fennel in the bowl with dressing; toss to evenly coat.
4. Place kale on top of the cabbage mixture and spoon warm wild rice over kale; let sit until kale is slightly wilted, five to 10 minutes.
5. Toss until salad is evenly mixed, adding more lemon juice to taste.

Nutritional Information

Calories: 175
Protein: 6 g
Fat: 6 g
Carbohydrate: 28 g
Dietary Fiber: 4 g
Sodium: 30 mg
Potassium: 354 mg
DV Vitamin C: 93%

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