

# Kale + Brussels Sprout Salad

Prep Time: 20 minutes

Yield: 4 servings

*A dark, leafy green powerhouse, Kale, gives this salad a boost of Vitamin A, C, K, Calcium & Potassium. Along with pomegranate seeds for Vitamin E & fiber and close to a day's worth of omega-3 & 6 fatty acids from walnuts*

## Ingredients:

1 tablespoon Dijon mustard  
1 tablespoon apple cider vinegar  
1 tablespoon agave  
3 tablespoons olive oil  
¼ teaspoon kosher salt  
1 bunch kale, stems removed & finely chopped  
1 cup thinly sliced Brussels sprouts  
1 cup pomegranate seeds  
1 small apple, thinly sliced  
¼ cup chopped walnuts, toasted

1. Whisk together mustard, vinegar, agave, oil and salt in a small bowl until combined.
2. Toss kale, sprouts, pomegranate seeds, apples & walnuts together in a large bowl.
3. Pour dressing over salad and toss to combine. Let rest 30 minutes before serving.

*Nutrition Facts for one serving: 260 calories; 16g total fat (2g saturated fat); 5g protein; 28g carbohydrates (5g fiber); 0mg cholesterol; 370mg sodium*

\*Recipe provided by Chef Teresa Hansen