

NUTRITION TIPS AND TRICKS

QUICK AND HEALTHY MEAL IDEAS

If you haven't given kale a try yet, this is a great introduction. Kale is a hearty green with a mild bitterness, which pairs well with more mellow flavours. It is a great source of calcium and has tons of antioxidants that have been proven to reduce the risk of certain cancers including colon cancer.

Creamy Kale Salad

Makes 8 servings

This fresh and fancy-looking salad is simple to prepare and full of good-for-you whole, raw foods. While the fat content may seem high for a salad, it is full of monounsaturated fats, which are recommended for your daily diet.

Ingredients

- 1 ripe avocado, halved and pit removed
- 2 tbsp white wine vinegar
- 2 tsp Dijon mustard
- 3 tbsp extra virgin olive oil
- ½ bunch kale (8oz), stemmed and coarsely chopped
- 1 small red beet, peeled and thinly sliced
- 1 sweet, crisp apple, cored and cut into thin wedges
- ½ cup toasted walnuts, chopped
- Kosher salt and freshly ground black pepper, to taste

Directions

1. To make the dressing, combine the avocado, vinegar, mustard, and oil in a food processor. Pulse until smooth. It will be thick. Season with salt and pepper.
2. In a large bowl, combine kale, beets, apple, and walnuts. Toss with the dressing and season with additional salt and pepper if needed. Serve immediately.

Nutrition Info Per Serving: Cal 153 | Carbohydrates 8g | Fat 14g | Fibre 3g | Sugar 2g

Nutrition Bonus: Vitamin A 78% daily value | Vitamin C 25% daily value | Manganese 23% daily value

