KALE APPLE SALAD

Loaded with potassium and heart-healthy fats, this delicious salad will be a big hit for children and adults of all ages! What's the secret? Fresh orange juice helps to soften the kale and adds a bright flavor. Toss in the remaining ingredients, and you are good to go.

INGREDIENTS

Serves 8 *(1½ cup each)*

Salad Ingredients

- 2 bunches curly kale, rib removed, chopped, washed, & dried
- Zest and juice of one orange
- 1 green apple, unpeeled, small dice
- ½ red onion, sliced
- ¼ teaspoon kosher salt
- 1 cup dried, no-sugar-added fruit (cranberries, cherries, apricots, or raisins)
- 1 cup chopped pecans or walnuts, toasted (optional)

Apple Vinaigrette Ingredients

- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1½ teaspoon Dijon mustard
- ¼ cup canola oil
- ¼ teaspoon kosher salt

Items are DUO-eligible for those who qualify.

DIRECTIONS

1. Place kale in a large mixing bowl and add zest, juice, and salt.
2. Using clean hands, massage kale until it loses some volume and turns bright green.
3. Stir in dried fruit, apples, onion, and nuts (if using). Mix well.
4. Cover salad with plastic wrap and refrigerate about 30 minutes to several hours before serving to allow flavors to develop.
5. To make apple vinaigrette, whisk together all ingredients and toss into salad before serving.

Nutrients per serving 265 calories, 19 g total fat (2 g saturated), 21 g total carbohydrates (3 g dietary fiber), 5 g protein, 219 mg sodium, 642 mg potassium, 168 mg calcium, 59 mg magnesium

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The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition Assistance Program (SNAP) beneficiaries with a $1 for $1 match, up to $20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit **www.doubleupoklahoma.org** to find a DUO-participating farmers market or grocery store location near you.

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This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian. The information provided in this education material is not intended to replace or substitute any medical advice, diagnosis, or treatment given to you by your Medical Provider or health care team.

Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.

Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs

Explore More Family-Friendly Recipe Ideas

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