



Kale and Cauliflower Salad

- 1 15-ounce** can chickpeas, drained and patted dry
- 1 tablespoon** olive oil
- 4 cups** finely chopped kale
- 4 cups** (1 large head) finely chopped cauliflower
- 2 tablespoons** diced red onion
- ½ cup** roasted sunflower seeds
- ½ cup** dried cranberries

Dressing:

- 1 clove** garlic, minced
- 4 tablespoons** olive oil
- 1 tablespoon** lemon juice
- 1 tablespoon** Dijon mustard
- 2 teaspoons** sugar
- ½ teaspoon** ground black pepper

Pre-heat oven to 400 degrees F. **Toss** chickpeas with olive oil and **spread** on baking sheet. **Roast** 20 minutes, **stirring** once and then let **cool**. **Combine** kale, cauliflower, onion, sunflower seeds, cranberries, and cooled chickpeas in a large bowl. In a small bowl **whisk** together dressing ingredients until combined.

Pour dressing over salad ingredients and **toss** to combine.

Yield: 10, 1-cup servings

Nutritional Analysis: 200 calories, 11g total fat, 1.5g saturated fat, 0mg cholesterol, 200mg sodium, 22g total carbohydrate, 5g fiber, 9g total sugars, 1g added sugars, 6g protein

Kentucky Kale

SEASON: May through June and September through November.

NUTRITION FACTS: Kale is a good source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. It is low in calories and sodium, and contains no fat.

SELECTION: Choose dark-colored, small- to medium-sized leaves. Leaves should be fresh, young, and tender. Avoid greens with coarse stems or yellowed, dried, limp leaves.

STORAGE: Store kale and other greens in the coldest part of the refrigerator for no more than 2 or 3 days.

PREPARATION: Wash leaves in lukewarm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.

To cook: Add washed greens to a medium-sized saucepan with ¼ inch of water. Bring water to a boil. Cover and cook until tender. Crisp and tender leaves may require 5 to 10 minutes.

To freeze: Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave ½ inch of headspace, seal, label, and freeze. Greens can be stored for up to 1 year.

KALE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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<http://plateitup.ca.uky.edu>



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