

KALE SLAW

Serves:

4 servings

Prep Time:

20 minutes

Ingredients

1 bunch kale, stems removed and thinly sliced

1 large carrot, grated

1/2 an orange, juiced

1/2 a lemon, juiced

Salt and freshly ground black pepper

1/2 red onion, sliced very thinly

1/4 c. mayonnaise

1/4 c. apple cider vinegar (or to taste)

Directions

Place the kale into a salad bowl. Toss with the carrot, orange juice, lemon juice and salt, and using your hands, rub the acid into the kale. Add the onion, salt and pepper and toss well. Add the mayonnaise and mix the slaw well. Refrigerate until ready to serve. Can be made several hours in advance. Other favorite fruits or vegetables may be added: (grated apples or raisins make a nice sweet contrast with the sourness of the dressing).

Serves 4

Calories: 180

Total Fat: 8 grams

Protein: 4 grams

Total carbohydrates: 15 grams

Fiber: 3 grams

Cholesterol: 3 milligrams

Sodium: 245 milligrams