



## Kale Salad

12 Servings • 1 Serving = 1 Cup

### INGREDIENTS

- 2 cups cooked brown rice
- ¼ cup roasted almonds, sliced
- 2 Tablespoons sesame seeds, toasted
- 1 bunch kale, chopped
- ½ head red cabbage, chopped
- 1 cup carrots, shredded
- 1 cup parsley, chopped
- ½ cup lemon juice
- ½ cup balsamic vinegar
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- ¼ cup Dijon mustard

### DIRECTIONS

1. Gently toss the cooked rice, almonds, sesame seeds, kale, red cabbage, carrot, and parsley together in a large mixing bowl.
2. Whisk the lemon juice, balsamic vinegar, olive oil, garlic, and mustard together in a small bowl. Season with salt and pepper.
3. Drizzle the dressing over the salad and toss gently.

Nutrition Facts	
12 servings per container	
Serving size	1 cup
Amount per serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 203mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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