

Kale Hemp Salad with Nutritional Yeast

This salad is wholesome and delicious. Eat a serving of this salad and you will meet the Canada's Food Guide recommendation for having one dark green vegetable for the day! The nutritional yeast in the salad dressing offers a complete source of protein and B-complex vitamins, and is naturally low in fat and sodium and free of sugar, dairy, and gluten.

Prep: 10 minutes • Total: 15 minutes

Ingredients:

| Kale, thinly chopped | 1 large bunch | 1 each |
|--|---------------|--------|
| Sea salt | ½ tsp | 3 mL |
| Cider vinegar | 3 Tbsp | 45 mL |
| Nutritional yeast | 1/3 cup | 79 mL |
| Hemp seeds | 1/3 cup | 79 mL |
| Ground cumin | 1 tsp | 5 mL |
| Ground coriander | 1 tsp | 5 mL |
| Olive oil (or hempseed oil) | 2 Tbsp | 30 mL |
| Fresh sprouts (add a bit of crunch, but the salad is still great without) | 1 cup | 250 mL |
| | | |

Directions:

- 1. Put all the ingredients, except the kale and sprouts, into a mixing bowl and whisk to incorporate. Season with salt and pepper.
- 2. Pour over the thinly sliced kale, and sprouts (if using), and toss until evenly coated.
- 3. Eat.

Add a tsp of chili flakes if you like a touch of heat!

Nutrition Facts Serving Size (79g) Servings Per Container Amount Per Serving Calories 170 Calories from Fat 110 % Daily Value* Total Fat 13g 20% Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 0mg 0% Sodium 310mg 13% Total Carbohydrate 8g 3% **Dietary Fiber 2g** 8% Sugars 1g Protein 8g Vitamin A 0% • Vitamin C 70% Calcium 6% Iron 15% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2 500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg 2,400mg 2,400mg Sodium Less than Total Carbohydrate 300g 375g **Dietary Fiber** 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The London Training Centre

Makes 4 servings (79 g / serving) • 1 serving = ~ 1 cup

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