



# Kale Rainbow Salad

*The beauty of kale salad is that the leaves don't wilt, making it something you can make ahead of time and pack for lunch or dinner. Once made into a salad, kale holds for a couple of days, and the flavours and texture are actually enhanced. The mango and red peppers add a nice sweetness and extra vitamin C. If you're looking for more protein, toss in a can of chickpeas for a vegetarian friendly protein option.*

**Prep: 10 minutes • Total: 15 minutes**

## Ingredients:

Red cabbage, shredded	2 cups	500 mL
Kale, chopped	4 cups	1 L
Red onion, thinly sliced	½ each	½ each
Mango, thinly sliced	1 medium	1 medium
Red pepper	1 medium	1 medium

## Dressing:

Sesame oil	1 Tbsp	15 mL
Rice wine vinegar or apple cider vinegar	3 Tbsp	45 mL
Honey	1 Tbsp	15 mL

## Directions:

1. Remove stems and ribs from kale, and shred into bite sized pieces. Rinse and drain.
2. Inside strainer, sprinkle damp kale with salt and pepper and knead until the leaves begin to break down.
3. Place kale into a bowl and add other vegetables.
4. In a separate bowl whisk dressing ingredients together.
5. Toss salad in dressing.

\*Kale-based salads tend to not go soggy and absorb the flavour of the dressing the longer they sit. So if saving leftovers do not worry if the salad is dressed.

## Nutrition Facts

Serving Size (267g)  
Servings Per Container

Amount Per Serving

**Calories 170**    **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 150mg**    **6%**

**Total Carbohydrate 34g**    **11%**

Dietary Fiber 5g    **20%**

Sugars 22g

**Protein 4g**

Vitamin A 30%    •    Vitamin C 320%

Calcium 15%    •    Iron 10%

\*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
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: NutritionRx in partnership with Chef Lindsay Sferrazza*

**Makes 4 servings ( 267 g / serving ) • 1 serving = 2 cups**

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