



Elliott Evans Nutrition, LLC
Prevent and Protect
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CREAMY KALE SALAD

WholeLiving.com

Serves 4

Ingredients:

- 1 ripe avocado, halved, seed removed
- 2 Tablespoon white wine vinegar
- 2 Teaspoon Dijon mustard
- 3 Tablespoon walnut oil or extra-virgin olive oil
- ½ bunch kale (8oz), stemmed and coarsely chopped
- 1 small red beet, peeled and thinly sliced
- 1 sweet, crisp apple, cored and cut into thin wedges
- Kosher salt and freshly ground black pepper
- ½ cup toasted walnuts, chopped

Preparation:

- 1 Combine avocado, vinegar, mustard, and oil in a food processor. Pulse until smooth. (It will be thick.) Season with salt and pepper.
- 2 Combine kale, beets, apple, and walnuts in a larger bowl.
- 3 Toss with avocado dressing, and season with salt and pepper.
- 4 Serve immediately.

PER SERVING: 325 calories; 3 g saturated fat; 24 g unsaturated fat; 20 g carb