



PREP TIME
45 MIN



SERVINGS
6-8

Collard & Kale Superfood Salad

Ingredients

- 1 bunch of collard greens
- 1 bunch of kale
- 1 large (or 2 small) avocados, sliced OR 1/4 cup of hummus
- 1/2 lemon, juiced
- 1/2 tsp red chili flakes
- 1/2 red bell pepper, finely chopped
- 1 small carrot, grated
- 1/2 purple onion, diced
- 3 mandarin oranges, peeled and divided into segments
- salt to taste

Equipment

- 1 large mixing bowl, 2 small or medium bowls, Grater or knife,
- A cutting board for chopping vegetables and a mixing spoon

Instructions

1. Remove the stems from the kale and collard greens, then chop the leaves. Toss the leaves in a large bowl with the avocado or hummus, lemon juice, salt, and red chili flakes.
2. Mash and massage the avocado (or hummus) into the kale and collard greens with your hands until it is spread evenly throughout the greens like a dressing.
3. Stir in the chopped red, yellow, and orange bell peppers, grated or chopped carrot, diced purple onion, and mandarin orange segments.
4. Let the salad sit for 30 minutes before serving to allow the flavors to meld. If not, you can serve immediately.

Cooking Tip

1. After massaging, you can let the kale and collard greens soak in lemon juice for 30 minutes or
2. overnight for softer and more flavorful greens since lemon juice "cooks" them like a ceviche.
3. Adding avocado or hummus will make the salad creamy and help tenderize the greens.



Collard & Kale Superfood Salad Nutrition Facts

Kale and Collard Greens:

Approximately 1 cup, chopped

Calories: 33 kcal, Protein: 2.8g, Carbohydrates: 5.9g, Fiber: 2.4g, Fat: 0.5g, Vitamin A: 120.5% DV
Vitamin C: 100% DV, Vitamin K: 510.5% DV, Calcium: 7.5% DV, Iron: 4.5% DV.

Avocado or Hummus:

1/4 cup (approximately)

Avocado: Calories: 40 kcal, Protein: 0.5g, Carbohydrates: 2.2g, Fiber: 1.8g, Fat: 3.8g

Hummus: Calories: 42 kcal, Protein: 2g, Carbohydrates: 3.5g, Fiber: 1.5g, Fat: 2.3g

Red, Orange and Yello Bell Pepper:

Red Bell Pepper: Approximately 1/4 cup, finely chopped

Calories: 8 kcal, Protein: 0.3g, Carbohydrates: 1.5g, Fiber: 0.5g, Fat: 0.1g, Vitamin A: 23.3% DV
Vitamin C: 53% DV

Yellow Bell Pepper: Approximately 1/4 cup, finely chopped

Calories: 7 kcal, Protein: 0.3g, Carbohydrates: 1.5g, Fiber: 0.5g, Fat: 0.1g, Vitamin A: 2.5% DV
Vitamin C: 85.3% DV

Orange Bell Pepper: Approximately 1/4 cup, finely chopped

Calories: 8 kcal, Protein: 0.3g, Carbohydrates: 1.8g, Fiber: 0.8g, Fat: 0.1g, Vitamin A: 15.5% DV
Vitamin C: 85.3% DV

Carrot:

Approximately 1/4 cup, grated

Calories: 10 kcal, Protein: 0.3g, Carbohydrates: 2.5g, Fiber: 0.8g, Fat: 0.1g, Vitamin A: 46% DV
Vitamin C: 1.8% DV

Purple Onion:

Approximately 1/8 cup, diced

Calories: 5 kcal, Protein: 0.3g, Carbohydrates: 1.1g, Fiber: 0.2g, Fat: 0g, Vitamin C: 5.5% DV

Mandarin Orange:

Approximately 3 segments

Calories: 16 kcal, Protein: 0.3g, Carbohydrates: 4g, Fiber: 0.7g, Fat: 0.1g, Vitamin A: 7.7% DV
Vitamin C: 16% DV