

Apple & Feta Kale Salad with a Honey-Garlic Vinaigrette (serves 4)

INGREDIENTS:

- 1 large bunch kale
- 1 medium/large apple of your choice
- 1 green pepper (optional)
- 1/2 cup crumbled feta
- salt & pepper to taste

DRESSING:

- 1/2 cup canola (or other vegetable) oil
- 1/4 cup apple cider vinegar
- 1 tsp. salt
- 2 Tbsp. honey
- 1 Tbsp. minced garlic

Over

The
Farm

Saint Joseph Mercy Health System

You will love this
delicious Fall salad!

NUTRITION BY THE NUMBERS (per serving):

Calories: 263 kilocalories

Fat: 18.6 g

Protein: 5.6 g

Carbohydrates: 22.2 g



DIRECTIONS:

- 1) Make the dressing: combine oil, vinegar, salt, honey, and garlic. Shake then allow to sit for at least 10 minutes to let flavors combine.
- 2) Prepare the kale leaves: rinse, remove thick middle stems and chop into strips
- 3) Chop apple and green pepper into bite-size pieces. Add to kale.
- 4) Toss salad in dressing and enjoy!

**You will love this
delicious Fall salad!**

NUTRITION BY THE NUMBERS (per serving):

Calories: 263 kilocalories

Fat: 18.6 g

Protein: 5.6 g

Carbohydrates: 22.2 g



St. Joseph Mercy Hospital Ann Arbor seeks new and innovative ways to improve health and wellness. The Farm serves our community by improving access to fresh food, nutrition education, and therapy.

For more info visit www.stjoesannarbor.org/thefarm