

Kale and Edamame Salad

Ingredients

For the dressing:

3 tablespoons Meyer lemon juice
4 tablespoons extra-virgin olive oil
1 garlic clove, finely minced or crushed
3/4 teaspoon dried Italian herb blend
1/4 teaspoon kosher salt

For the salad:

4 cups finely chopped Tuscan kale, ribs removed
1 15-ounce can chickpeas, rinsed and drained
2/3 cup dried cranberries, soaked in hot water to hydrate
1 cup edamame beans, cooked and cooled
Fresh mint and basil
1/2 cup carrot shreds
1/2 cup cherry tomatoes, sliced in half

Directions

1. Add all dressing ingredients to a large salad bowl and whisk until combined.
2. In the same bowl, add the kale, chickpeas, cranberries and edamame. Mince a handful of mint and a handful of basil leaves and toss them in, along with some carrot shreds.
3. Toss salad well to combine and top with cherry tomatoes.

Nutrition Facts	
Serving Size 436 g	
Amount Per Serving	
Calories 413	Calories from Fat 166
% Daily Value*	
Total Fat 18.4g	28%
Saturated Fat 2.3g	12%
Cholesterol 0mg	0%
Sodium 221mg	9%
Potassium 430mg	12%
Total Carbohydrates 35.8g	12%
Dietary Fiber 15.6g	62%
Sugars 11.5g	
Protein 15.0g	
Vitamin A 125%	Vitamin C 104%
Calcium 29%	Iron 20%
Nutrition Grade B+	
* Based on a 2000 calorie diet	

Makes 4 servings