

Kale Salad with Cranberries, Feta, Beans

Portion Size: ½ cup

Yield: 8

Ingredients:

Kale, fresh, chopped	2 ¼ cup
Olive Oil	1 ½ tsp
Garlic, minced	1 ½ tsp
Mustard Seed	1 1/8 tsp
Ground Coriander	1 1/8 tsp
Smoked Paprika	½ tsp
Salt	1/8 tsp
Black Pepper	1/8 tsp (or to taste)
Chickpeas (drained and rinsed)	1 cup
Feta Cheese, crumbled	¼ cup
Dried Cranberries	¼ cup
Lemon Zest	½ tsp
Lemon Juice	1 TBSP

Preparation:

1. Rinse kale well with water. Remove thick center stem and chop well.
2. In a skillet add oil and garlic and cook on medium high heat for 20 seconds. Add the mustard seeds, coriander powder, smoked paprika, salt and pepper and cook for 10 seconds.
3. Add kale and cook until kale begins wilting, about 30 seconds to one minute. Add chickpeas and mix it well. Remove from the heat. Let mixture cool.
4. Add feta cheese, cranberries, the lemon zest and lemon juice. Serve cold.

RD NOTE: Buy 'no salt added' or 'low sodium' canned beans.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
80	3	10	2	5	3	1	100



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