

INGREDIENTS

2 tablespoons California Extra Virgin Olive Oil	2 cups Shredded Parmesan Cheese, Shredded Parmesan
4 cups Kale Greens	1/2 cup California Extra Virgin Olive Oil
1 cup Red Cabbage	1/2 cup Apple Cider Vinegar
2 cups Sliced Brussels Sprouts	2 Lemons
2 medium apples Pink Lady Apples	2 tablespoons Dijon Mustard
4 ounces Chopped Pecans, 4 oz	2 tablespoons Pure Maple Syrup

NUTRITION INFORMATION PER SERVING

Protein 12g	Sodium 390mg
Total Fat 36g	Saturated Fat 8.5g
Carbs 20g	Fruits 0.25 servings
Calories 434kcal	Vegetables 0.12 servings
Fiber 5.9g	Added Sugar 0g

Harvest Kale Brussels and Apple Salad with Parmesan

🕒 30 MINS PREP | 🍴 8 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Salad: measure 2 Tbsp olive oil into large mixing bowl. Chop kale and dump into bowl with olive oil. Massage kale for 1-2 minutes in olive oil until tender.
2. Chop cabbage, Brussels sprouts, and apples, and add to kale greens. Add pecans and parmesan cheese. Combine well.
3. Dressing: combine olive oil, apple cider vinegar, juice from lemons, Dijon mustard, and maple syrup. Whisk thoroughly.
4. Pour dressing over salad and toss gently.
5. Serve as is, or with chicken or fish on the side for a complete meal.

