

## Holiday Harvest Kale Salad

### *Ingredients:*

8 cups chopped kale leaves  
One 10.5-oz. can mandarin orange segments packed in juice, drained  
1/2 cup thinly sliced red onion  
1/4 cup sweetened dried cranberries  
1/4 cup light raspberry (or other fruity) vinaigrette  
Optional seasoning: salt



### *Directions:*

1. Combine all ingredients in a large bowl, and toss to mix.
2. Cover and refrigerate for at least 1 hour.
3. Mix well, and enjoy!

MAKES 6 SERVINGS

Nutrition Information: (Per Serving)

### **1/6th of recipe (about 1 1/4 cups):**

100 Calories  
2 g Fat  
20 g Carbohydrate  
3 g Protein