

# Kale Berry Salad

**Items Needed:** Mixing Bowl

**Serves:** 2

## Ingredients:

- 4-5 cups of shredded Kale or other greens of your preference.
- 4 Tbsp chopped almonds, cashews or peanuts
- Pinch of salt and pepper
- 4 Tbsp cheese of your choice, for kale I really enjoy feta or goat cheese
- 2-3 Tbsp balsamic vinaigrette

## Directions:

1. Add your dressing to the bottom of your mixing bowl, add your shredded kale or mixed greens and a pinch of salt and pepper.
2. Use your hand to work the dressing into the greens until the greens have softened.
3. Add your berries and some of the almonds or other nuts. Lightly turn greens over other ingredients, until well mixed throughout.
4. Plate your salad mixture on your desired plate/bowl.
5. Top with a few fresh berries, cheese and almonds for presentation.

<https://wexnermedical.osu.edu/nutrition-services>

