

SALADS

Molly's Zesty Kale Salad

Makes 10 servings · about 1 cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 2 g · Fiber 3 g · Calories 105	

Ingredients

- 1 bunch kale
- 2 bell peppers (red, orange, or yellow)
- 3 green onions
- 5 celery stalks, trimmed
- 5 medium-to-large carrots
- ½ bunch parsley
- 2 cups broccoli florets
- Juice of 1 lemon (¼ cup)
- ⅓ cup olive oil
- 2 Tbsp honey
- 2 Tbsp vinegar (apple cider, rice, white wine, or balsamic)
- 2 Tbsp Signature Blend spice blend

Directions

1. Rinse, peel, and dry the vegetables. Dice the vegetables and parsley and place in a bowl.
2. Chop the kale finely and add to an extra-large bowl with the diced vegetables and parsley.
3. Zest the lemon over the salad, then squeeze in the juice.
4. Add the olive oil, honey, vinegar, and spices; fold thoroughly until evenly mixed.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 bunch kale
- ☐ 2 bell peppers (red, orange, or yellow)
- ☐ 3 green onions
- ☐ 5 celery stalks
- ☐ 5 medium-to-large carrots
- ☐ ½ bunch parsley
- ☐ 1 medium head broccoli (about 3½ cups florets)
- ☐ Juice of 1 lemon (¼ cup)

PANTRY & DRY GOODS

- ☐ 2 Tbsp Signature Blend spice blend

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Honey
- ☐ Vinegar