

SENSATIONAL ST. PATTY'S SALAD

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 cup)

Nutrition (per serving)

Calories: 136

Total Fat: 3.5 g

Saturated Fat: 0.5 g

Sodium: 133 mg

Total Carbohydrate: 14 g

Dietary Fiber: 3 g

Protein: 3 g



Ingredients

- 4 cups shredded kale
- 2 cups broccoli slaw
- 1 granny smith apple, chopped
- ¼ cup golden raisins
- ¼ cup unsalted pistachios, roughly chopped
- ½ avocado, seeded and mashed
- 1 Tablespoon rice wine vinegar
- 1 Tablespoon honey
- 1 Tablespoon water
- 2 Tablespoons lower sodium soy sauce (choose gluten free soy sauce for GF version)
- 1 Tablespoon fresh ginger, finely minced
- 2 cloves garlic, finely minced



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Directions

1. Place kale in a large bowl and massage it with your fingertips to soften it. Add broccoli slaw, apple, raisins, and pistachios and stir to combine.
2. In a small bowl, whisk together avocado, vinegar, honey, water, soy sauce, ginger, and garlic.
3. Pour dressing over salad and mix until thoroughly combined.