

WINTER WARM KALE SALAD

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

Serves: 1/8 of recipe

Nutrition (per serving)

Calories: 101

Total Fat: 3 g

Saturated Fat: 1 g

Sodium: 251 mg

Total Carbohydrate: 11 g

Dietary Fiber: 3 g

Protein: 4 g

PREP TIME: 20 min

COOK TIME: 20 min

TOTAL TIME: 40 min



Ingredients

4 strips bacon, coarsely chopped

4 carrots, sliced

2 cups peeled and cubed butternut squash

1 poblano pepper, seeded and chopped

1/2 cup red onion, finely chopped

1 tsp smoked paprika

1/4 tsp salt

1/4 tsp pepper



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2 plum tomatoes, chopped

2 cups kale, chopped

Directions

1. In large skillet, cook bacon over medium heat until crisp. Remove from skillet and set aside on paper towels.
2. Add carrots and squash to skillet. Cook, covered, for 5 minutes over medium heat.
3. Add poblano pepper and onion. Cook an additional 5 minutes, stirring occasionally, or until vegetables are tender.
4. Stir in salt, pepper, paprika. Add tomato and kale. Cook, covered, until kale is wilted, about 2-3 minutes.
5. Top with bacon and serve warm.