



Kale Salad with Almonds and Hearts of Palm

Contributor:

Source [Living Plate Teaching Kitchen](#)

Prep time	Total time	Meal type	Servings
10 minutes	15 minutes	Lunch, Dinner, Side	4

Salad

Ingredients

- 8 cup kale, *shredded*
- 2 cup romaine lettuce, *chopped*
- 2 cup hearts of palm, *canned, drained, rinsed, and chopped*
- 1/4 cup almonds, *chopped*
- 1 1/2 cup white beans, *canned, drained and rinsed*
- 1/4 cup pepitas
- 1 avocado, *chopped*

Directions

Prep

1. Chop kale and romaine.
2. Chop hearts of palm and almonds.
3. Drain and rinse beans.
4. Chop avocado [just before serving].

Make

1. Add all ingredients to a large bowl and toss with dressing.

Dressing

Ingredients

- 1/4 cup olive oil
- 3 Tbs white balsamic vinegar
- salt, *to taste*

Directions

Make

1. Add all ingredients to a mason jar and shake to combine.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	441
% Daily Value*	
Total Fat 29g	37%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol N/A	0%
Sodium 673mg	29%
Total Carbohydrates 36g	13%
Dietary Fiber 8g	29%
Total Sugars 2g	
Protein 15g	
Vitamin D N/A	0%
Calcium 257mg	20%
Iron 7mg	41%
Potassium 1130mg	24%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database.

Each 'NA' indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only