

Side

Fresh Berry and Kale Salad

15 Mins
Prep Time

0 Mins
Cook Time

6
Servings

105 Calories **7g Fat** **10g Carbs** **2g Protein**

Ingredients

15 Mins Total Time **Allergens: N/A**

6 Cups Bagged and Shredded Kale

½ Cup Low Sugar Salad Dressing, such as a balsamic vinaigrette

1 Avocado, diced

2 Cups Strawberries, sliced

½ Cup Blackberries, washed

½ Cup Blueberries, washed



Nourishment Note



Kale

Kale is an incredible source of vitamin K and may help to lower cholesterol. Kale also contains many antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with rheumatoid arthritis.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working its best.



Strawberries

Strawberries are packed with vital nutrients including vitamin C, potassium, and antioxidants. These nutrients are crucial for healing, lowering blood pressure and may also help to lower inflammation.



Blackberries

Blackberries are rich in anthocyanins. Anthocyanins are a category of nutrients that may help protect the brain from Alzheimer's disease, and lower the risk of colon cancer.



Blueberries

Blueberries are high in fiber, vitamin C, and vitamin K and have an incredibly high number of antioxidants.

Instructions

1. Toss Kale

Place kale in a large bowl. Add dressing and toss using tongs, evenly coating the kale with dressing. Set aside.

2. Dice & Slice

Dice the avocado using the avocado slicer, and slice the strawberries using the egg slicer.

3. Mix Ingredients

Add the avocado, strawberries, blackberries, and blueberries to the kale and toss to combine. Add more dressing if necessary.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Large Mixing Bowl



Tongs



Avocado Slicer



Egg Slicer



Small Knife

RA Cooking Tips

Kale: Purchase pre-chopped kale to reduce hand strain associated with chopping.

Avocado: Avocado slicers allow users to cut, pit, and slice an avocado with one utensil.

Strawberries: Egg slicers work well for not only cutting eggs, but also strawberries. You can also purchase pre-washed and sliced berries.