

Side | Lunch | Dinner

# Fresh Berry and Kale Salad

Side Effect: Constipation

**15 Mins**  
Prep Time

**0 Mins**  
Cook Time

**6**  
Servings

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



## Ingredients

**6 Servings** **15 Mins Total Time** **Allergens: None**

**6 Cups** Bagged and Shredded Kale, **washed**

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

**1 Avocado**, **rinsed** and diced

**2 Cups** Strawberries, **rinsed** and sliced

**½ Cup** Blackberries, **rinsed**

**½ Cup** Blueberries, **rinsed**

### Nourishment Note



#### **Kale**

Kale is a great source of insoluble fiber. Insoluble fiber can help a person find relief from constipation. It's also packed with a variety of vitamins, minerals, and antioxidants such as quercetin. Quercetin may protect the heart from heart disease.



#### **Avocado**

Avocados contain insoluble fiber to help relieve constipation. It's also a great source of heart-healthy monounsaturated fats.



#### **Strawberries**

Strawberries are packed with vital nutrients including vitamin C and antioxidants. Vitamin C is key to helping the body heal. Antioxidants may help lower inflammation within the body. Strawberries also contain insoluble fiber, a nutrient key to helping relieve constipation.



#### **Blackberries**

Blackberries are abundant in antioxidants to help protect healthy cells.



#### **Blueberries**

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

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Toss Kale

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

### 3. Dice & Slice

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

### 4. Mix Ingredients

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

### 5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

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

### Fatigue Buster

- **Kale:** Purchase pre-chopped kale to reduce hand strain associated with chopping.
- **Strawberries:** Egg slicers work well for not only cutting eggs, but also strawberries. You can also purchase pre-washed and sliced berries.
- Ask a friend or family member to help prepare this dish.