

W.O.W.

WAC ON WELLNESS

STRAWBERRY, AVOCADO, AND KALE SALAD WITH STRAWBERRY-APPLE CIDER VINAIGRETTE

YIELD: Serves 2 generously, or 4 modestly

PREP TIME: 10 minutes

COOK TIME: 0 minutes

TOTAL TIME: 10 minutes

SALAD INGREDIENTS:

- About 6 cups freshly torn kale leaves, with coarse stems and ribs removed
- 1 medium/large ripe Hass avocado, peeled, pitted and sliced thinly
- 1 cup fresh strawberries, halved

STRAWBERRY-APPLE CIDER VINAIGRETTE INGREDIENTS:

- 2 cups strawberries, whole with tops off (frozen okay and it's what I used)
- 1/4 cup apple cider vinegar
- 3 to 4 tablespoons honey, or to taste (agave may be substituted to keep vegan)
- 3 to 4 tablespoons olive oil
- 3/4 teaspoon salt, or to taste
- 3/4 teaspoon black pepper, or to taste
- 1 clove garlic and/or 2 tablespoons diced red onion, optionally add to create a more savory
- dressing (I didn't use either)

DIRECTIONS:

Salad - To a large bowl or platter, add all ingredients in the order listed; set aside.

Strawberry-Apple Cider Vinaigrette - To the canister of a high-speed blender or food processor, add all ingredients in the order listed. Blend on high power until texture is as smooth as desired.

Taste vinaigrette and tweak as necessary to taste. Drizzle over salad, toss to combine, and serve immediately. If you don't use all the vinaigrette, extra will keep airtight in the fridge for up to 1 week

Serving size 4; 125 calories; 8 grams of fat total; 1 gram saturated fat; 14 Total carbohydrates; 4 grams of fiber; 10 grams of sugar; 1.25 grams of protein; 226 grams of sodium



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Wisconsin Athletic Club

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