

Kale & Avocado Salad with Blueberries & Edamame



Ingredients:

- 6 cups stemmed and coarsely chopped curly kale
- 1 avocado, diced
- 1 cup blueberries
- 1 cup halved yellow cherry tomatoes
- 1 cup cooked shelled edamame
- ¼ cup sliced almonds, toasted (see Tips)
- ½ cup crumbled goat cheese (2 ounces)
- ¼ cup olive oil
- 3 tablespoons lemon juice
- 1 tablespoon minced chives
- 1 ½ teaspoons honey
- 1 teaspoon Dijon mustard
- 1 teaspoon salt

Directions:

1. Place kale in a large bowl and massage to soften the leaves using your hands.
2. Add avocado, blueberries, tomatoes, edamame, almonds and goat cheese.
3. Combine oil, lemon juice, chives, honey, mustard and salt in a small bowl or in a jar with a tight-fitting lid. Whisk and shake well.
4. Drizzle the vinaigrette over the salad and toss to combine.

Tips:

To make ahead: wash, stem and chop kale, cook edamame, toast almonds, and make vinaigrette up to 1 day ahead and refrigerate.

To toast sliced (or chopped) nuts, place in a small dry skillet

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Nutritional Information:

Calories 368
Total Fat..... 29 g
Saturated Fat 5 g
Cholesterol 10 mg
Total Carbohydrate.... 21 g
Dietary Fiber 8 g
Protein 10 g
Sodium 674 mg
Serving Size 2 cup
Recipes Yields.....4 servings

Prep time: 20 minutes

Adjusted from:

<https://www.eatingwell.com/recipe/280172/kale-avacado-salad-with-blueberries-edamame/>