

# Kale and Feta Salad

- 1 bunch kale, large stems discarded, leaves finely chopped
- 1/2 teaspoon salt
- 1 tablespoon apple cider vinegar
- 1 apple, diced (or pear)
- 1/3 cup feta cheese
- 1/4 cup currants, raisins, or dried cranberries
- 1/4 cup cashews, almonds, pecans or walnuts

## Directions

1. Massage kale with salt in a large mixing bowl for 2 minutes.
2. Pour vinegar over the kale and toss to coat. Fold apple, feta cheese, currants, and cashews into the kale.

## Nutrition Facts

Servings: 6

Amount per serving

<b>Calories</b>	<b>115</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1.8g	<b>9%</b>
<b>Cholesterol</b> 7mg	<b>2%</b>
<b>Sodium</b> 308mg	<b>13%</b>
<b>Total Carbohydrate</b> 16.8g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8.1g	
<b>Protein</b> 3.7g	
Vitamin D 0mcg	0%
Calcium 107mg	8%
Iron 1mg	8%
Potassium 344mg	7%

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