

Kale Salad



PREP TIME:
5 MINUTES

COOK TIME:
4 MINUTES

TOTAL TIME:
9 MINUTES

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Recipe type: Gluten Free
Yield: 1 Serving

Salad Ingredients:

- 2 Cups Tuscan Kale – Sliced Thin
- 2 Baby Cucumbers – Sliced into thin rounds
- 2 oz. Organic Goat Cheese – Crumbled
- 2 Medium Sized Strawberries – Sliced Thin
- 1 oz Prosciutto – Toasted and Roughly Chopped
- Sea Salt & Cracked Pepper to Taste
- ¼ Teaspoon Garlic Powder
- 2 TBSP Red Onion Sliced Thin
- 1-2 TBSP Pumpkin Seeds

Honey Mustard Dressing Ingredients (makes 6-8 servings):

- ¼ Cup Organic or Raw Honey
- ¼ Cup Dijon Mustard
- ¼ Cup Veganaise
- 1/8 Cup Apple Cider Vinegar
- 1/8 Cup Extra Virgin Olive Oil
- Pinch Himalayan Sea Salt
- Cracked Black Pepper to Taste

Dressing Instructions:

1. Pour all dressing ingredients into a mason jar. Screw lid on and shake until combined.

Salad Instructions:

1. In a large salad bowl, add the kale. Add cucumbers and onion on top.
2. Crumble goat cheese over salad mixture.
3. Lightly toss.
4. Add salt & pepper to taste along with garlic powder.
5. Drizzle salad with 2 TBSP of dressing.
6. Toss lightly again.
7. In a small frying pan, lightly spray with olive oil. Add diced prosciutto and cook on medium for 4 minutes – will crisp up.
8. Top with strawberries, prosciutto and pumpkin seeds.
9. *Reserve any remaining dressing in the fridge.

***Try and use all organic ingredients if possible.**

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