

Kale Salad with Poppy Seed Dressing

Kale Salad

- 1 lb kale, rinsed, drained and chopped
- 2 cups watermelon, diced small
- 1/2 cup sunflower seeds, toasted

Poppy Seed Dressing

- 1 cup canola oil
- 1/3 cup apple cider vinegar
- 1/3 cup granulated sugar
- 2 tablespoons dijon mustard
- 1 tablespoon onion, chopped
- 1 teaspoon salt
- 2 tablespoons poppy seeds

1. Wash the kale, dry completely
2. Chop kale into small pieces
3. Peel, seed and dice the watermelon into 1/4 inch pieces
4. Place kale into large bowl; add watermelon and sunflower seeds
5. Add poppy seed dressing and toss to completely coat kale leaves; add more dressing as desired.

Servings: 16; Per Serving: 81 Calories; 7g Fat (67.7% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 13mg Sodium.