

Feta Kale Salad with a
Honey-Garlic Vinaigrette
(serves 4)

INGREDIENTS:

- 1 large bunch kale
- 1/2 cup blueberries
(or seasonal fruit of
your choice)
- 1/2 cup crumbled
feta
- salt & pepper to
taste

DRESSING:

- 1/2 cup canola (or
other vegetable) oil
- 1/4 cup apple
cider vinegar
- 1 tsp. salt
- 2 Tbsp. honey
- 1 Tbsp. minced
garlic

The
Farm

Saint Joseph Mercy Health System

You will love
this delicious
seasonal salad!



DIRECTIONS:

- 1) Make the dressing: combine oil, vinegar, salt, honey, and garlic. Shake then allow to sit for at least 10 minutes to let flavors combine.
- 2) Prepare the kale leaves: rinse, remove thick middle stems and chop into strips
- 3) Add blueberries or seasonal fruit to kale.
- 4) Toss salad in dressing and enjoy!

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St. Joseph Mercy Hospital Ann Arbor seeks new and innovative ways to improve health and wellness. The Farm serves our community by improving access to fresh food, nutrition education, and therapy.

For more info visit www.stjoesannarbor.org/thefarm

