

# Kale Farm Salad

## Ingredients: Serves 6

- 6 cups chopped kale
- ½ cup chopped red onion
- ½ cup grated carrots
- 1 Tablespoon olive oil
- 2 teaspoon red wine vinegar
- 1 teaspoon fresh thyme
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- ½ teaspoon salt

## Directions:

- 1) Combine olive oil, vinegar, thyme, Dijon mustard, salt, and minced garlic in a large bowl, stirring with a whisk.
- 2) Add kale, carrots, and onion.
- 3) Toss and enjoy!

For more recipes, visit <https://stjoefarm.wordpress.com>

*The*  
**Farm**

Saint Joseph Mercy Health System

## Nutrition per serving:

**117 Calories**

**6 g fat**

**160 mg sodium,**

**12 g Carbohydrates**

**3 g Sugar**

**6 g Protein**

